



CAL/OSHA OVERVIEW

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CAL/OSHA CONSULTATION SERVICES BRANCH

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TOPICS

- Cal/OSHA information
- Hot topics
- Updates
- Frequently cited regulations
- Resources

CONSULTATION SERVICES

- Must be invited to the facility
- Consultants work proactively with employers
- No citations or penalties
- Free
- Information is not shared with Enforcement
- Develop publications
- Answer questions by telephone

THE CATCH

- Serious and Imminent hazards identified during a consultation are expected to be corrected in a timely manner:
 - Serious - 30 days
 - Imminent – immediately
- Employee involvement
- Posting of identified serious hazards

CAL/OSHA'S PURPOSE

- Ensuring that California workers have a safe and healthful work environment
- Standards are found in Title 8 of the California Code of Regulations
- Safety Engineers and Industrial Hygienists
- Cal/OSHA versus Federal OSHA

WHAT TRIGGERS AN ENFORCEMENT INSPECTION?

- Complaints
- Accident Investigations
 - (Next slide)
- Programmed Inspections
 - Construction / Agriculture
 - Tree Work
 - Confined Space, Heat Illness, Roofing & Framing Contractors
 - High Hazard Program – Ex-Mod (EMR) $\geq 125\%$



REPORTING SERIOUS INJURIES (342)

- Fatalities
- Loss of body part
- Permanent disfigurement
- Hospitalization >24 hours *for medical treatment*
- Catastrophes / Significant media coverage
- Call, fax, or [email](mailto:) the local enforcement District Office (www.dir.ca.gov/dosh/DistrictOffices.htm):
 - **Within 8 hours**
 - Phones answered 24 / 7
 - Emergency responders will also notify Cal/OSHA

CITATION CATEGORIES & PENALTIES

- **Regulatory**
 - Up to \$12,471 / \$13,047
- **General**
 - Up to \$12,471 / \$13,047
- **Serious** (including tower-cranes and carcinogens)
 - Up to \$25,000
- **Repeat**
 - Eliminates some adjustments
 - Up to \$124,709 / \$130,464
- **Failure to Abate**
 - Maximum penalty up to \$15,000 per calendar day
- **Willful**
 - Up to \$124,709 / \$130,464
 - Minimum: \$9,319

Red – Citations issued in 2018

Green – Citations issued in 2019

HOT TOPICS

CONFINED SPACE EMPHASIS PROGRAM

- In place since February 2012
 - Has not formally ended
 - Still one of the “Featured Safety Programs” on the Cal/OSHA website
 - Continues to be addressed on inspections/consultations
 - Key is employer awareness



WHAT IS A CONFINED SPACE?

- **Confined Space – definition:**
 - Is large enough and so configured that an employee can bodily enter and perform assigned work; and
 - Has limited or restricted means for entry or exit; and
 - Is not designed for continuous employee occupancy
- **Permit-Required Confined Space – a confined space with one or more of these additional hazards:**
 - Contains a hazardous atmosphere;
 - Contains a material that may engulf an entrant;
 - Has a configuration that an entrant could be trapped or asphyxiated by inwardly converging walls; or
 - Contains any other recognized serious safety or health hazard

REASONS FOR ENTRY - AND RELATED DEATHS

Repair/Maintenance	40%
Rescue	36%
Inspection	10%
Construction	5%
Dislodge Material	5%
Retrieve Object	3%
Unknown	1%



DEFINITION OF ENTRY

- Passes through an opening as soon as any part of the entrant's body breaks the plane of an opening into the space



TREE TRIMMING

- Tree work includes trimming, pruning, felling, and removal of trees and bushes



TREE TRIMMING

- Involves climbing trees, using portable ladders, working at heights while using tools, working near energized overhead or downed power lines, feeding chippers, and other hazardous operations



TREE TRIMMING

- **Requirements for a Qualified Tree Worker**
 - An employee who, through related training and on-the job experience, has demonstrated familiarity with the techniques and hazards involved in tree maintenance, and removal, and use of special equipment
- **Resources**
 - Website: www.dir.ca.gov/dosh/Tree-Work-Safety.html
 - Fact Sheet: www.dir.ca.gov/dosh/dosh_publications/Tree-Work-fs.pdf
 - Regulations: www.dir.ca.gov/Title8/sb7g3a12.html

HEPATITIS A

www.dir.ca.gov/dosh/Hepatitis-A-worker-protection.html

- Recent outbreak in San Diego
- No Cal/OSHA regulation, but guidance (think IIPP & BBP):
 - Maintain a clean and sanitary workplace
 - Clean toilet facilities
 - Provide handwashing facilities
 - Provide appropriate PPE
 - Provide training
 - Offer hepatitis A vaccinations



FIRE CLEANUP / WORKING IN SMOKEY ENVIRONMENTS

- Electricity
- Flammable gases
- Carbon monoxide poisoning
- Unstable structures
- Demolition
- Sharp or flying objects
- Confined Spaces
- Ash, soot and dust
- Asbestos
- Stored chemicals
- Heat illness



WORKING IN SMOKY ENVIRONMENTS

Ash, soot and dust

- Use a N95 respirator
 - Voluntary versus mandatory use



www.dir.ca.gov/dosh/Worker-Health-and-Safety-in-Wildfire-Regions.html

Worker Safety and Health in Wildfire Regions

► en Español



Wildfire smoke and cleanup presents hazards that employers and workers in affected regions must understand. Smoke from wildfires contains chemicals, gases and fine particles that can harm health. Hazards continue even after fires have been extinguished and cleanup work begins. Proper protective equipment and training is required for worker safety in wildfire regions.

Cal/OSHA encourages employers and workers to review the following pages with information and resources on protecting workers exposed to smoke from wildfires and worker safety during cleanup:

- [Protecting Outdoor Workers Exposed to Smoke from Wildfires](#)
 - **NEW** [Employer Notice: Worker Safety in Wildfire Regions and Distribution Locations for N95 Masks](#)

CANNABIS

- Electrical Hazards
- Exposures to Airborne Contaminants
- Flammable Liquids and Gases
- Hazard Communication
- Hazardous Energy – Lockout/Tagout
- Heat Illness Prevention
- Injury and Illness Prevention Program
- Machine Hazards
- Personal Protective Equipment
- Point of Operation Hazards
- Pressure Vessels
- Prohibition of Smoking in the Workplace
- Repetitive Motion Injuries
- Sanitation and Pest Control
- Slips, Trips, Falls and Use of Ladders

www.dir.ca.gov/dosh/cannabis-industry-health-and-safety.html

Cannabis Industry Health and Safety

All employers in the cannabis industry, including those who cultivate, manufacture, distribute, sell, and test marijuana products, must take steps to protect their employees from all health and safety hazards associated with their work.

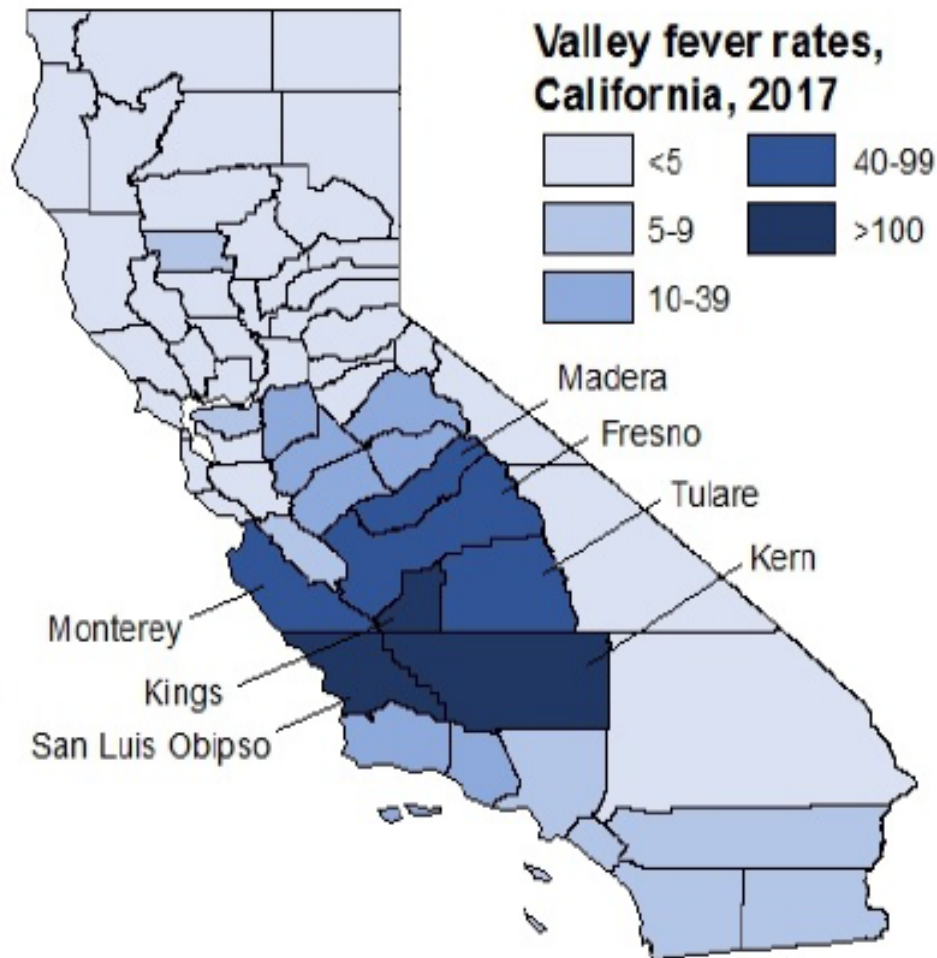
Several Cal/OSHA regulations apply to workplaces in the cannabis industry. This webpage contains links to these regulations and other helpful resources for providing a safe and healthy workplace in the cannabis industry in California.

The cannabis industry includes:

- Cultivation
- Distribution
- Laboratory testing
- Manufacturing
- Retail



VALLEY FEVER



Rates of reported Valley fever cases per 100,000 population.
Darkest colored counties had the highest rates of Valley fever.

www.dir.ca.gov/dosh/valley-fever-home.html

Protection from Valley Fever

Work-related cases of Valley Fever at solar installation plants in the Central Valley have drawn attention to the health risks faced by California workers whose jobs may expose them to fungal spores found in soil.

Information for Employers

- **Employers have a legal responsibility to immediately report to Cal/OSHA any serious injury or illness, or death (including any due to Valley Fever) of an employee occurring in a place of employment or in connection with any employment. Employers also have responsibilities to control workers' exposure to hazardous materials.**
- Applicable regulations with regard to Valley Fever protection and exposure can be found in the California Code of Regulations, Title 8, sections
 - **342** (Reporting Work-Connected Fatalities and Serious Injuries),
 - **3203** (Injury and Illness Prevention),
 - **5141** (Control of Harmful Exposures),
 - **5144** (Respiratory Protection) and
 - **14300** (Employer Records-Log 300).

HEAT ILLNESS PREVENTION (3395)

- Access to Water
- Access to Shade
- Weather Monitoring
- Acclimatization
- High Heat Procedures
- Employee and Supervisory Training
- Written Procedures
 - Including Emergency Response

 **Stay safe and healthy!**
WATER. REST. SHADE. *The work can't get done without them.*


Drink water even if you aren't thirsty – every 15 minutes.



Rest in the shade.



Watch out for each other.



Wear hats and light-colored clothing.


2 "Easy does it" on your first days of work in the heat. You need to get used to it. Rest in the shade – at least 5 minutes as needed to cool down.

 **Health effects of heat**
Two types of heat illness:

Heat Exhaustion


Heat Stroke




1 Watch out for early symptoms. You may need medical help. People react differently – you may have just a few of these symptoms, or most of them.

§3395 MAJOR CHANGES...

...EFFECTIVE MAY 1, 2015

www.dir.ca.gov/title8/3395.html

- **Written Procedures**

- Kept at site
- Translated

- **Water - Free**

- **Shade**

- Temperature trigger reduced to 80°F
- Amount to provide
- Preventative cool down rest
 - Shall be monitored and asked if he or she is experiencing symptoms
 - Not be ordered back to work until any signs or symptoms have abated



§3395 MAJOR CHANGES...

...EFFECTIVE MAY 1, 2015

- Two New Sections (previously required only as an element of training)
 - (f) EMERGENCY RESPONSE PROCEDURES
 - (g) ACCLIMATIZATION
 - All employees shall be closely observed by a supervisor or designee during a heat wave
 - For purposes of this section only, “heat wave” means any day in which the predicted high temperature for the day will be at least 80° F and at least 10° F higher than the average high daily temperature in the preceding 5 days

REGULATORY UPDATE

WHAT ABOUT INDOOR HEAT?

- Currently use existing regulations to cite for indoor heat
- Use similar logic to 3395, main difference - shade vs. indoor cool area
- SB 1176
 - Requires the division to propose to the Occupational Safety and Health Standards Board, for the board's review and adoption, a heat illness and injury prevention standard applicable to workers working in indoor places of employment by January 1, 2019

WWW.DIR.CA.GOV/DOSH/DOSHREG/H-EAT-ILLNESS-PREVENTION-INDOORS

Heat Illness Prevention in Indoor Places of Employment Advisory Meetings

General Industry Safety Orders
Chapter 4, subchapter 7, new section

If you have questions regarding these meetings, please contact [Amalia Neidhardt](#) at (916) 574-2993.

January 29, 2019

Revised Draft Standard

After careful review of the comments received on the draft standard posted on October 24, 2018, further revisions have been made. Interested parties are invited to submit comments on this further revised draft.

Please submit your comments by Friday February 22, 2019, to:
rs@dir.ca.gov

- [Comments](#)

§1618.1

- Mobile and tower crane operator qualifications in construction
- Effective November 10, 2018
- Operators of cranes over 2,000 pound capacity must be “certified” (used to be 15,000 pounds)

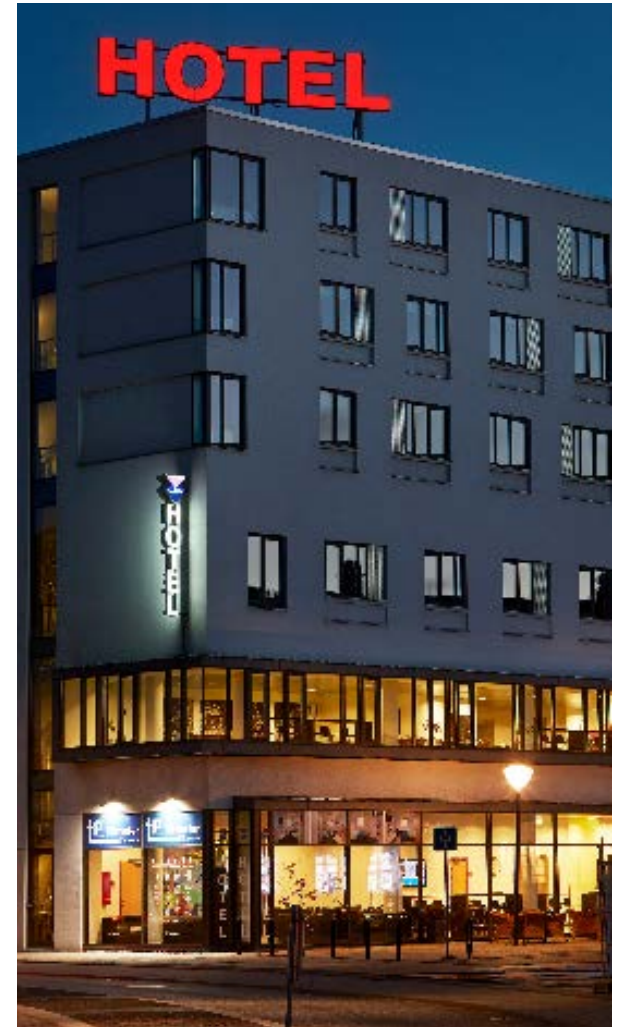


§1618.1

- Valid certificate of competency (valid for a maximum of 5 years)
- Pass substance abuse test
- Pass physical exam (physician)
- Pass a written exam
- Pass a hands-on exam to demonstrate proficiency

§3345

- Hotel Housekeeping
Musculoskeletal Injury
Prevention
- Effective July 1, 2018
- Control the risk of
musculoskeletal injuries and
disorders to housekeepers in
hotels and other lodging
establishments



§3345

- Lodging Establishment
 - Establishment that contains sleeping room accommodations that are rented or otherwise provided to the public, such as hotels, motels, resorts, and bed and breakfast inns



§3345

- Housekeeping tasks - include, but are not limited to:
 - (1) sweeping, dusting, scrubbing, mopping and polishing of floors, tubs, showers, sinks, mirrors, walls, fixtures, and other surfaces;
 - (2) making beds;
 - (3) vacuuming;
 - (4) loading, unloading, pushing, and pulling linen carts



§3345

- Housekeeping tasks - include, but are not limited to:
 - (5) Removing and supplying linen and other supplies in the rooms;
 - (6) Collecting and disposing of trash; and
 - (7) Moving furniture



§3345

- Housekeeping musculoskeletal injury prevention program (MIPP)
 - Persons with authority and responsibility
 - Ensuring that supervisors and housekeepers comply
 - System for communicating
 - Identifying and evaluating housekeeping hazards through a worksite evaluation
 - Procedures to investigate musculoskeletal injuries
 - Methods or procedures for correcting
 - Procedures for reviewing, at least annually, the MIPP at each worksite
- Annual training

RESPIRABLE SILICA (HORCHER)

- Cal/OSHA already has 1530.1, *Control of Employee Exposures from Dust-Generating Operations Conducted on Concrete or Masonry Materials*
- New:
 - 1532.3, *Occupational Exposures to Respirable Crystalline Silica (CSO – Effective 9/2017)*
 - 5155, Table AC-1 - new PEL of $50 \mu\text{g}/\text{m}^3$
 - 5204, *Occupational Exposures to Respirable Crystalline Silica (GISO – Effective 6/23/18)*



BERYLLIUM (HORCHER)



- **Effective October 2, 2017**
 - 1535.1, *Occupational Exposures to Beryllium (CSO)*
 - 5155, Table AC-1 – New PEL of $0.2 \mu\text{g}/\text{m}^3$
 - 5205, *Occupational Exposures to Beryllium (GISO)*
 - Enforcement (Federal) was to start March 12, 2018 but delayed to May 11, 2018

REFINERIES

- New Section 5189.1, ***Process Safety Management for Petroleum Refineries***
- www.dir.ca.gov/title8/5189_1.html
- Effective October 1, 2017



FEDERAL OSHA INJURY AND ILLNESS RECORDKEEPING AND REPORTING REQUIREMENTS

- Adopted in California November 1, 2018
- As of today (March 20, 2019) - Federal OSHA requires 300A data for:
 - Employers with 250 or more employees in industries covered by the recordkeeping regulation
 - Eliminated the requirement for 300 & 301 data

FEDERAL OSHA INJURY AND ILLNESS RECORDKEEPING AND REPORTING REQUIREMENTS

- As of today (March 20, 2019) - Federal OSHA requires 300A data for:
 - Employers with 20 - 249 employees in industries on the High Risk Industry list

HIGH RISK INDUSTRIES (20-249)

www.osha.gov/recordkeeping/NAICScodesforelectronicssubmission.pdf

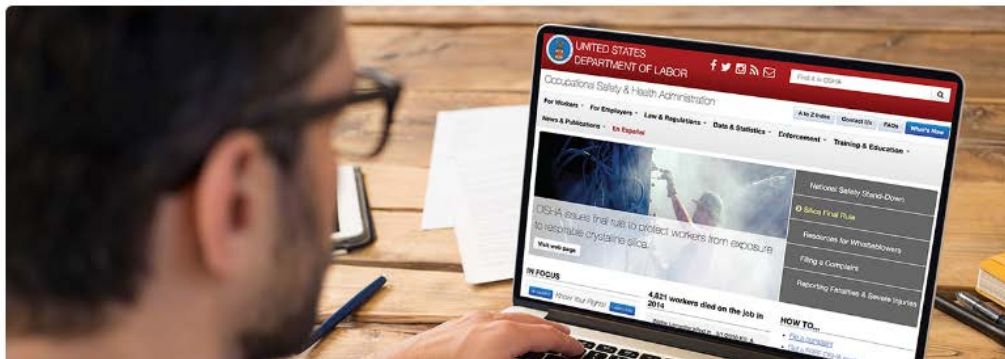
Establishments in the following industries with 20 to 249 employees must submit injury and illness summary (Form 300A) data to OSHA electronically

NAICS	Industry
11	Agriculture, forestry, fishing and hunting
22	Utilities
23	Construction
31-33	Manufacturing
42	Wholesale trade
4413	Automotive parts, accessories, and tire stores
4421	Furniture stores
4422	Home furnishings stores
4441	Building material and supplies dealers
4442	Lawn and garden equipment and supplies stores
4451	Grocery stores
4452	Specialty food stores
4521	Department stores
4529	Other general merchandise stores
4533	Used merchandise stores
4542	Vending machine operators
4543	Direct selling establishments
4811	Scheduled air transportation
4841	General freight trucking
4842	Specialized freight trucking
4851	Urban transit systems
4852	Interurban and rural bus transportation

FEDERAL OSHA INJURY AND ILLNESS RECORDKEEPING AND REPORTING REQUIREMENTS

- As of March 19, 2019: Data entered into ITA by March 2nd of each year
- www.osha.gov/injuryreporting/index.html

Injury Tracking Application



**Launch the
Injury Tracking Application**

Who

What

When

CALIFORNIA AB 2334

- Governor signed (late 2018) to make various workplace safety and health changes to California law
- Requires Cal/OSHA to monitor federal electronic recordkeeping requirements and, depending on federal action, to convene an advisory committee to evaluate how to move forward with a state-law version of the proposed recordkeeping requirements

WWW.DIR.CA.GOV/DOSH/DOSHREG/EL [ELECTRONIC-INJURY-REPORTING](#)

Electronic Submission of Workplace Injury and Illness Records

Advisory Committee Meeting

Date	Thursday, May 9, 2019
Time	10:00 a.m. - 3:00 p.m.
Location	Elihu Harris State Building 1515 Clay Street, Suite 1304 Oakland, CA
Contact	Glenn Shor (510) 286-7000
Submit written comments by May 24	ElectronicReporting@dir.ca.gov

AB 2334

- Resurrects the so-called “Volks Rule,” which provides for a longer statute of limitations for record retention violations
 - Five-year statute of limitations for recordkeeping violations (Forms 300, 300A, & 301)
- **AB 2334 goes into effect on January 1, 2019**

OSHA's Form 300 (Rev. 01/2004)
Log of Work-Related Injuries and Illnesses

Year 2017
 U.S. Department of Labor
 Occupational Safety and Health Administration

Form approved DMS no. 1218-0176

Establishment name _____ Back Office Remedies
 City Las Vegas State Nevada

Identify the person			Describe the case			Classify the case					Enter the number of days the injured or ill employee was		Check the " injury " column or choose any type of illness					
(A) Case No.	(B) Employee's Name	(C) Job Title (e.g., Worker)	(D) Date of injury or onset of illness (m/d/yyyy)	(E) Where the event occurred (e.g., loading dock north end)	(F) Describe injury or illness, parts of body affected, and object/substance that directly injured or made person ill (e.g., Struck fingers with an iron toenail from scaly/iron bar)	CHECK ONLY ONE box for each case based on the most serious outcome for that case.					(H)		(I)					
						Days Away from Work	Restricted Work	Job transfer or reassignment	Other recordable cases	Away from Work (days)	On job transfer or restriction (days)	Days	Shift	Respiratory	Cardiovascular	Other	At case	Illness
						(05)	(06)	(07)	(08)	(09)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
1121	John Smith	Warehouse Mgr.	03/13/17	loading dock	Right ankle slipped on loading dock	0	3	0	0	3	0	X						
1122	Mary Doe	Janitor	06/17/17	Floor Lobby	Left hand/corium chemical burn from bleach	0	2	10	0	2	10	X						
1123	Joe Brown	Laborer	11/22/17	zone	Claw in right eye	0	0	1	0	1	1	X						
Page totals						0	5	0	0	6	11	2	7	0	0	0	0	

Be sure to transfer these totals to the Summary page (Form 300A) before you post it.

Public reporting burden for this collection of information is estimated to average 14 minutes per response, including time to review the instructions, search existing data sources, gather the data needed, and complete and review the collection of information. Persons are not required to respond to the collection of information unless it displays a currently valid OMB control number. If you have any comments about this estimate or any aspect of this data collection, contact: U.S. Department of Labor, OSHA, Office of Statistics, Room 3046, 200 Constitution Ave, NW, Washington, DC 20210. Do not send the completed forms to this office.

Page 1 of 1 (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (00)

OSH Standards Board's Website

www.dir.ca.gov/oshsb/oshsb.html



State of California
Department of Industrial Relations

CA.gov | Contact DIR | Press

[This Site](#) [California](#)

[Home](#) [Labor Law](#) [Workplace Safety](#) [Workers' Comp](#) [Self Insurance](#) [Apprenticeship](#) [Director's Office](#) [Boards](#)

Boards, Commissions & Programs

Occupational Safety & Health Standards Board (OSHSB)

The mission of the Occupational Safety & Health Standards Board is to promote, adopt, and maintain reasonable and enforceable standards that will ensure a safe and healthful workplace for California workers.

The Occupational Safety & Health Standards Board, a seven-member body appointed by the Governor, is the standards-setting agency within the Cal/OSHA program. The Standards Board's objective is to adopt reasonable and enforceable standards at least as effective as federal standards. The Standards Board also has the responsibility to grant or deny applications for variances from adopted standards and respond to petitions for new or revised standards. The part-time, independent board holds monthly meetings throughout California.

Meetings, Notices and Petitions

- [Advisory committees](#)
- [Agendas](#)
- [Calendar of activities](#)
- [Meeting schedule](#)
- [Notices](#)
- [Petitions](#)

Standards

- [Approved](#)
- [Emergency](#)
- [Proposed](#)
- [Terminated](#)

Variances

- [Permanent](#)
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Occupational Safety & Health Standards Board (OSHSB)

Quick Links

- [Standards Board public hearings](#)
- [Rulemaking proposals scheduled for hearing or adoption](#)
- [Recently approved standards](#)
- [The petition process](#)
- [The variance process](#)
- [Search for Cal/OSHA regulations](#)
- [Title 8 Index](#)
- [Upcoming advisory committees](#)
- [Recent Cal/OSHA advisory committees](#)
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FREQUENTLY CITED REGULATIONS

THE 10 MOST FREQUENTLY CITED VIOLATIONS

- IIPP
- Heat Illness*
- Hazard Communication
- Portable Fire Extinguishers
- Lockout/Blockout
- Respiratory Protection
- Reporting Serious Injuries*
- Air Compressor Permits
- Blocked Electrical Panels
- Openings in Electrical Panels



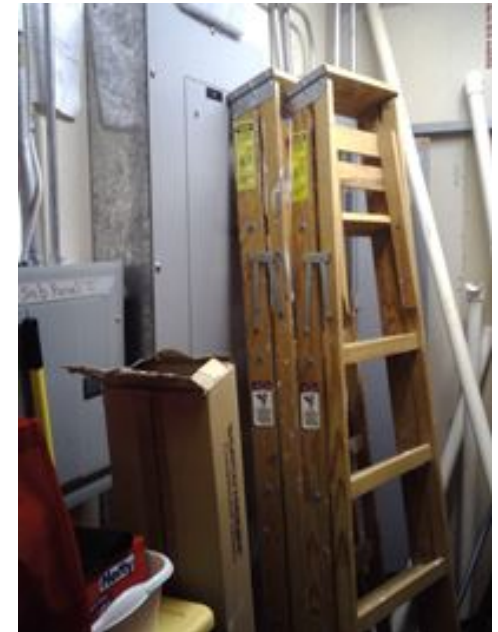
TOP 10 MOST INSPECTED INDUSTRIES-CY 2017

Industry Sector	# of Inspection	Total Initial Penalty
General Industry	5584	\$42,232,907
Construction	2308	\$14,374,686
Services	2134	\$12,053,115
CA Manufacturing (with Ship Building)	1246	\$16,660,004
Manufacturing	1239	\$16,615,064
Ag	686	\$4,157,115
Transportation-Public Utilities	433	\$3,154,820
Retail Trade	372	\$2,152,469
Wholesale	258	\$2,544,190
Mining	202	\$501,970
Public Admin	197	\$637,380
Finance/Insurance/Real Estate	75	\$472,779
Maritime	19	\$100,935

MOST CITED REGULATIONS

TOP 10 MOST CITED REGULATIONS GENERAL INDUSTRY – CY 2017 & 2018

No Injury and Illness Prevention Program	2438 Citations
No Heat Illness Prevention Program	1196
Failing to Report Serious Injuries, Illness	808
No Hazard Communication Program	639
No Air Compressor Operating Permit	531
No ANSI Approved Eyewash Unit	483
No Safety Inspections / Failing to ID Hazards	424
Fire Extinguishers not checked monthly	335
Failing to Lockout Machine before Servicing	334
Electrical Panels Blocked	282
No First Aid Kit at worksite	267



TOP 10 MOST CITED REGULATIONS CONSTRUCTION – CY 2017 & 2018

No Injury and Illness Prevention Program	1347 Citations
No Heat Illness Plan	1155
No Postings of Code of Safe Practices	594
No First Aid Training for Employees	334
No Reporting of Serious Injuries or Illness	326
No Code of Safe Practices in Writing	274
No Protection from Impalement Hazards	221
No Fall Protection	203
No Heat Illness Training for Employees	203
No First Aid Kit Present at the Jobsite	117



TOP 10 MOST CITED REGULATIONS AGRICULTURE – CY 2017 & 2018

No Heat Illness Prevention Plan	236 Citations
No Injury and Illness Prevention Program	132
No Drinking Water at the Work Site	107
Failing to Report Serious Injuries or Illness	72
No Heat Illness Prevention Training	84
No Shade	61
No Toilets	46
No First Aid Training for Employees	40
No Safety Training for Employees	39
Lockout not used for Servicing Machinery	39
No Records for Employee Safety Training	35



RESOURCES

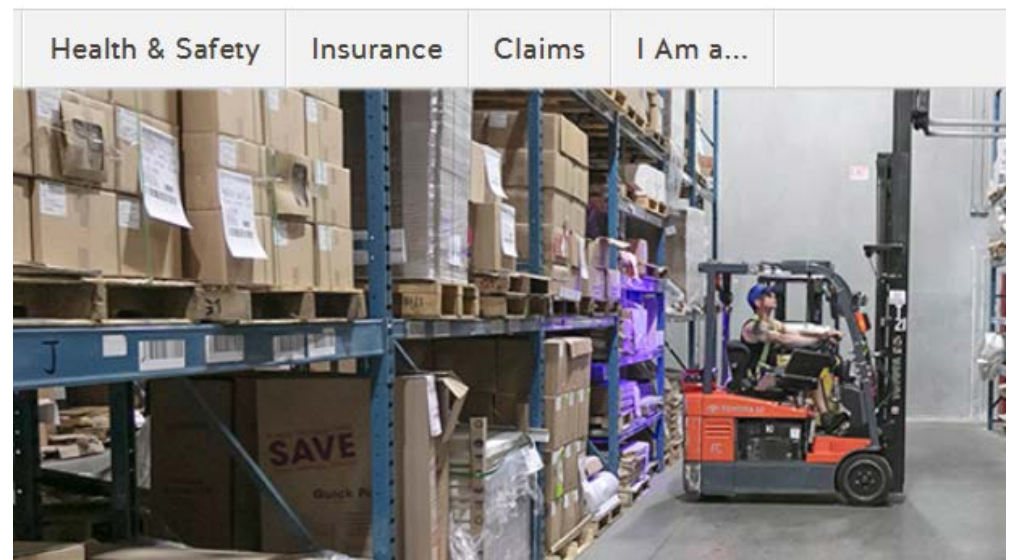
WORKSAFE BC - VIDEOS

www.worksafebc.com

- FREE videos (Streaming or downloaded)
- Click on “Health & Safety”, then alphabetical by topic (will include topic publications & other resources)



Forms & Resources



HAZARD EVALUATION SYSTEM AND INFORMATION SERVICE'S (HESIS)

www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/HESIS/Pages/HESIS.aspx

Free safety and health publications

- Fact Sheets, Booklets, Technical Documents,

Diacetyl (Butter Flavor Chemical) Use in Flavoring Manufacturing Companies

Exposure to diacetyl used in flavoring manufacturing companies may cause a serious lung disease called bronchiolitis obliterans. Workers from two California flavoring companies that use diacetyl have been diagnosed with this disease. Damage to the lungs can be permanent, can require a lung transplant, and can lead to death. The main symptoms are a persistent cough and shortness of breath when using extra energy (such as walking fast or up a slight hill) and wheezing when you do not have a cold. The symptoms do not go away in the evenings, on weekends, and on vacations. They can start gradually and get worse over time, or they can suddenly be very severe. Doctors sometimes think the symptoms are due to asthma, chronic bronchitis, emphysema, pneumonia, or smoking. If you work at a flavoring company that uses diacetyl, see a doctor immediately to make sure that your health is not being affected. Take this information sheet with you. Your company should follow the recommendations on page 2 to reduce exposure to diacetyl and other flavoring chemicals.

Health

Hazard

ALERT

OSHA

Cal/OSHA

www.dir.ca.gov/dosh

- Publications
- Title 8 regulations
- Policy and Procedure

Fed/OSHA

www.osha.gov

- Educational materials
- Title 29 of the Code of Federal Regulations

CAL/OSHA CONSULTATION SERVICE

TOLL-FREE NUMBER 1-800-963-9424

- **San Fernando Valley**
6150 Van Nuys Boulevard, Suite 307
Van Nuys, CA 91401
(818) 901-5754
- **LA/Orange**
1 Centerpointe Drive, Suite 150
La Palma, CA 90623
(714) 562-5525
- **San Bernardino**
464 W 4th Street, Suite 339
San Bernardino, CA 92401
(909) 383-4567
- **San Diego**
7575 Metropolitan Drive, Suite 204
San Diego, CA 92108
(619) 767-2060
- **Northern California**
2424 Arden Way, Suite 410
Sacramento, CA 95825
(916) 263-0704
- **San Francisco Bay Area**
1515 Clay Street, Suite 1103
Oakland, CA 94612
(510) 622-2891
- **Central Valley**
2550 Mariposa Mall, Room 2005
Fresno, CA 93721
(559) 445-6800