SITE survey. APP

SITE SURVEY REPORT

Heat Illness Prevention Plan

Prepared for	Sandstone Health Partners
Date	1 Oct 2026
Site	Desert Vista Medical Offices, Indio, California
Prepared by	L. Castellano

FORM

Heat Illness Prevention Plan

1. Site and plan details

Project	Desert Vista Medical Offices, Indio, California: heat illness prevention plan (completed example)
Site address	Desert Vista Medical Offices, 46-210 Palo Verde Avenue, Indio, CA 92201
General contractor or client	Sandstone Health Partners
Location (GPS)	33.7206, -116.2156
Plan date	1 Oct 2026
Plan prepared by	L. Castellano
Employer	Coachella Ridge Builders Inc.
Work covered	Outdoor work (section 3395)
Industry	Construction
Plan covers from	1 Oct 2026
Until	31 Oct 2026
Most people on site at once	24
Usual shift length (hours)	8.5
Languages the plan is written in	English and Spanish
Where the plan is kept on site	Site office trailer, safety board by the door
Person in charge of the plan on site	L. Castellano, site superintendent

California. Section 3395 of title 8 requires an employer with outdoor workers to have a written heat illness prevention plan, in English and the language understood by most of the employees, available at the worksite. At a minimum it covers water and shade, high-heat procedures, emergency response and acclimatization (3395(i)). This form holds the plan and the daily checks; putting it into practice is what counts.

2. Water

Drinking water must be fresh, pure, suitably cool, free of charge and as close as practicable to where people work. Where it is not plumbed, have enough at the start of the shift for one quart per employee per hour for the whole shift, or less with an effective way to top it up (3395(c)).

Water supply	Containers or coolers

Quarts for a full shift at one quart per person per hour	204
Gallons	51
Where the water is kept	Three 10-gallon coolers with cups: by the site office, at the north stair tower, and on the level 2 deck once framing starts there.
Who fills it, how it is kept cool and how it is topped up during the shift	Laborer foreman fills the coolers from the bottled water pallet at 6:30 am with ice, checks them at every break and refills from the reserve in the office trailer. 60 gallons stocked at the start of each shift.
How drinking is encouraged	Water reminder at the pre-shift meeting and at each break. Coolers kept within a short walk of every work area.

Photos of the water stations



3. Shade and cool-down rests

> Above 80°F shade must be up all the time people are on site, enough for everyone on a rest or recovery period to sit fully in the shade without touching, and as close as practicable. At 80°F or below, provide it or give timely access on request (3395(d)).

Shade provided by	Pop-up canopies, Shade structure or trailer awning
Where the shade is, and who puts it up when	Two 10 x 20 ft canopies with benches by the north stair tower and the trailer awning by the office. Laborer foreman puts the canopies up before 7:00 am and they stay up all shift.
People the shade holds at once, seated	26
Cool-down rest procedure	Anyone can stop and sit in the shade at any time without asking. The foreman checks on them, asks how they feel, offers water and keeps them in the shade until they feel fine, never less than 5 minutes. Each rest is logged on page 8.

> Anyone taking a preventative cool-down rest is checked for symptoms, encouraged to stay in the shade and not sent back to work until any signs have gone, and never in less than 5 minutes plus the time to reach the shade (3395(d)(3)).

Photos of the shade



4. High-heat procedures

> High-heat procedures start when the temperature reaches 95°F. Temperature here means the dry bulb reading in full sun, with the sensor shaded from direct sunlight while it is read (3395(b), (e)).

Who checks the temperature, how and when	Superintendent reads the forecast at 6:00 am and the thermometer on the north side of the slab, in full sun with the sensor shaded by hand, at 9:00 am, 12:00 pm and 2:00 pm. Readings go in the daily log.
How workers reach a supervisor	Foremen carry radios on channel 2. Cell reception is good across the site. Workers call the nearest foreman by voice or radio.
How workers are observed for alertness and signs of heat illness	Supervisor or designee observing 20 or fewer workers
Who observes whom	Concrete foreman watches the concrete crew of 8, framing foreman the framing crew of 10, laborer foreman the 6 laborers and deliveries.
People authorized to call emergency medical services	L. Castellano, the three foremen. Anyone may call 911 if none of them is close.
Pre-shift meeting on high-heat days	6:45 am tailgate meeting at the office on any day forecast at 95°F or above: the procedures, water, and the right to a cool-down rest. Spanish and English.
How workers are reminded to drink water through the shift	Foremen call a water break by radio every hour from 10:00 am on high-heat days.

5. Acclimatization

> During a heat wave, everyone is closely observed by a supervisor or designee. A heat wave day is one forecast to reach at least 80°F and at least 10°F above the average high of the previous five days. A worker newly assigned to a high heat area is closely observed for their first 14 days (3395(g)).

What changes on a heat wave day	Start moved to 5:30 am, concrete placements finish by 11:00 am, and foremen check on each worker at every water break.
How new workers are eased in and observed for their first 14 days	New starters work alongside an experienced partner for their first 14 days, take an extra break mid-afternoon and are checked on by their foreman at every water break.
Who does the close observation	The crew foreman

6. Emergency response

How to call emergency medical services	911 from any cell phone
Cell reception reliable across the site?	Yes
Directions to the site for emergency responders	Leave Interstate 10 at the Palo Verde Avenue exit and head south. Site gate 2 is 400 yards on the right, opposite the self-storage. Gate code 4612. Meet at the office trailer just inside gate 2.
Who meets the ambulance	Laborer foreman, at gate 2
Nearest emergency room or clinic	Nearest emergency room, about 10 minutes by road; address posted on the safety board
First aid for signs of heat illness	Move the worker into the shade, loosen clothing, give cool water if they are alert, cool with wet towels and the fan in the office trailer. Someone stays with them all the time. Severe signs: call 911 at once.

> Severe signs, such as decreased consciousness, staggering, vomiting, disorientation, irrational behavior or convulsions, mean emergency response. A worker with any signs or symptoms is watched, never left alone, and not sent home without being offered first aid or emergency medical services (3395(f)(2)).

If needed, how a worker is taken to where an ambulance can reach them	If an ambulance cannot reach the work area, carry or drive the worker to the office trailer at gate 2.

Photos of the site entrance and meeting point



7. Training

Everyone is trained before work with a risk of heat illness: risk factors, this plan, water (small amounts often, up to 4 cups an hour), acclimatization, types and signs of heat illness, reporting symptoms, and how emergency help is called and directed to the site. Supervisors also learn their duties under the plan and how to watch weather reports and respond to hot weather advisories (3395(h)).

Training record 1: L. Castellano

Name	L. Castellano
Role	Supervisor
Trained on	29 Sep 2026
Trained by	M. Ortiz, Coachella Ridge safety
Language	English

Training record 2: R. Valenzuela

Name	R. Valenzuela
Role	Supervisor
Trained on	29 Sep 2026
Trained by	M. Ortiz, Coachella Ridge safety
Language	Spanish

Training record 3: Concrete crew, 8 workers (sign-in sheet CR-0930)

Name	Concrete crew, 8 workers (sign-in sheet CR-0930)
Role	Worker
Trained on	30 Sep 2026
Trained by	R. Valenzuela
Language	Spanish and English
People trained	3
Supervisors	2
How supervisors follow the forecast and heat advisories	Superintendent checks the National Weather Service forecast for Indio each evening and at 6:00 am, and acts on any excessive heat warning by moving the start time.

8. Daily heat log and cool-down rests

Daily heat checks 1: 2026-10-05

Date	5 Oct 2026
Forecast high (°F)	93
Measured temperature (°F)	91
Measured at	12:00
Temperature band	Above 80°F: shade up all shift
Heat wave day?	No
High-heat procedures in effect?	No
Water checked: enough, cool and close?	Yes
Shade checked: up and big enough?	Yes
Cool-down rests taken	0
Observations	Footing pours at the east wing. Crew drinking well.
Checked by	L. Castellano
Check	No gaps flagged

Daily heat checks 2: 2026-10-06

Date	6 Oct 2026

Forecast high (°F)	98
Measured temperature (°F)	97
Measured at	12:00
Temperature band	95°F or above: high-heat procedures
Heat wave day?	No
High-heat procedures in effect?	Yes
Pre-shift heat meeting held?	Yes
Water checked: enough, cool and close?	Yes
Shade checked: up and big enough?	Yes
Cool-down rests taken	2
Observations	97°F at noon, 99°F at 2:00 pm. Hourly water breaks from 10:00 am. One laborer slowed right down after stripping forms in full sun; the foreman sent him to the shade for a rest.
Issues and what was done	None beyond the cool-down rests logged below.
Checked by	L. Castellano
Check	No gaps flagged

Photos



Daily heat checks 3: 2026-10-07

Date	7 Oct 2026
Forecast high (°F)	99

Measured temperature (°F)	98
Measured at	12:00
Temperature band	95°F or above: high-heat procedures
Heat wave day?	No
High-heat procedures in effect?	Yes
Pre-shift heat meeting held?	Yes
Water checked: enough, cool and close?	No
Shade checked: up and big enough?	Yes
Cool-down rests taken	1
Observations	First day framing on the level 2 deck.
Issues and what was done	Level 2 cooler ran empty at about 1:30 pm while the reserve was at the office. Refilled by 1:45 pm and a second cooler carried up.
Checked by	R. Valenzuela
Check	Something needs attention
Days logged	3
High-heat days	2
Days with a gap	1

> A day shows a gap: water not checked, no shade above 80°F, or no high-heat procedures at 95°F or above. Say what was done in that day.

Cool-down rests 1: 2026-10-06

Date	6 Oct 2026
Started	13:40
Worker (initials or ID)	J.M. (laborer)
Why	Supervisor suggested a rest
Minutes in the shade	20
Rest length	5 minutes or more
Signs or symptoms seen or reported?	No
Back to work at	14:05
Monitored by	R. Valenzuela

Cool-down rests 2: 2026-10-06

Date	6 Oct 2026
Started	14:30
Worker (initials or ID)	A.P. (concrete)
Why	Worker asked for a rest
Minutes in the shade	10
Rest length	5 minutes or more
Signs or symptoms seen or reported?	No
Back to work at	14:45
Monitored by	R. Valenzuela

Cool-down rests 3: 2026-10-07

Date	7 Oct 2026
Started	11:15
Worker (initials or ID)	D.S. (framing, new starter)
Why	Worker asked for a rest
Minutes in the shade	12
Rest length	5 minutes or more
Signs or symptoms seen or reported?	No
Back to work at	11:30
Monitored by	Framing foreman
Rests recorded	3
With signs or symptoms	0

9. Actions and sign-off

Items needing action	1
Result	Action needed before the next hot day

Actions 1: Keep two full coolers on the level 2 deck and a reserve at the stair tower, and add the level 2 coolers to the foreman's break checks.

Action	Keep two full coolers on the level 2 deck and a reserve at the stair tower, and add the level 2 coolers to the foreman's break checks.
Priority	Before the next hot day
Who will do it	Laborer foreman
Due by	8 Oct 2026
Status	Done, checked

Actions 2: Put a third canopy on the level 2 deck once the roof trusses are in and the deck has no overhead cover.

Action	Put a third canopy on the level 2 deck once the roof trusses are in and the deck has no overhead cover.
Priority	Before the season
Who will do it	L. Castellano
Due by	14 Oct 2026
Status	Open
Actions still open	1
Decision	Plan in place: actions to finish
Next check or re-inspection date	14 Oct 2026
Summary for the client	Plan in place for the October hot spell. High-heat procedures used on 6 and 7 October. One laborer sent to the shade on 6 October, back after 20 minutes with no symptoms. Level 2 water ran short on 7 October; coolers added and now checked at every break.
Plan prepared by name	L. Castellano
Plan prepared by signature	
Site supervisor name	R. Valenzuela

Site supervisor signature

