



International Longshore and Warehouse Union



ILWU Local 13 • 630 Centre Street • San Pedro, CA 90731 • (310) 830-1130

Bulletin #38-26 ***Revised Safety Bulletin***

July 15, 2026

HEAT ADVISORY

This bulletin **supersedes Bulletin #38-26 issued July 10, 2026**, and provides additional guidance regarding heat illness prevention and worker safety during periods of elevated temperatures.

Heat illness is a serious but preventable workplace hazard. Under the **ILWU-PMA Pacific Coast Marine Safety Code**, the **Pacific Coast Longshore Contract Document**, **OSHA**, and **Cal/OSHA Heat Illness Prevention Standards**, employers are responsible for **providing and maintaining safe working conditions** and taking reasonable measures to protect workers from recognized heat hazards.

PROTECT YOURSELF AND YOUR CO-WORKERS

WATER

- Drink approximately one cup of water every 15–20 minutes, even if you are not thirsty.
- Avoid becoming dehydrated before or during your shift.

REST

- Take cool-down recovery breaks whenever you begin feeling overheated or fatigued.
- Immediately notify your Foreman if you experience symptoms of heat illness.

SHADE / COOLING

- Use shaded or cooled recovery areas whenever available.
- Immediately report enclosed equipment with inadequate cooling, excessive cab temperatures, or poor ventilation.

WATCH FOR SIGNS OF HEAT ILLNESS

Heavy Sweating • Headache • Muscle Cramps • Dizziness • Weakness or Fatigue • Nausea or Vomiting • Rapid Pulse • Confusion • Fainting

HEAT STROKE IS A MEDICAL EMERGENCY

If a worker becomes confused, loses consciousness, stops responding, or exhibits signs of heat stroke:

- Call [911](#) immediately.
- Notify Foreman immediately.
- Move the worker to a cooler location.
- Remove or loosen unnecessary clothing.
- Apply cool water, wet towels, or ice packs to the neck, armpits, and groin.
- Remain with the worker until emergency medical personnel arrive.

ENCLOSED EQUIPMENT

Operators should immediately notify their Foreman and report:

- Non-functioning air-conditioning.
- Inadequate ventilation.
- Excessive internal cab temperatures.
- Any condition creating an unsafe heat hazard.

Workers should promptly report heat-related symptoms or unsafe conditions so corrective action can be taken before a serious illness occurs.

REMEMBER:

WATER • REST • SHADE • LOOK OUT FOR ONE ANOTHER

Early recognition and immediate action prevent heat illness and save lives.

SAFETY IS EVERYONE'S RESPONSIBILITY!

Fraternally,
Mario Medina
President

Brandi Good
Vice President

Gabriel "Big Gabe" Zuniga
Secretary/Treasurer