Heat Illness Prevention

California State University,
Chico

Environmental Health and Safety Department
Purpose

The Heat Illness Prevention Plan is to meet the requirements set forth in California Code of Regulations, Title 8, and also to serve as a supplement to California State University, Chico’s Injury and Illness Prevention Program (IIPP). This information is intended and must be used in conjunction with the IIPP. The Heat Illness Prevention Guide establishes procedures and provides information which is necessary to ensure that members of the University Community are knowledgeable in the prevention and recognition of heat stress to ensure their own safety and the safety of others.
Cal/OSHA Regulation

(T8 CCR 3395)(e)
(1) Employee Training
(A) The environment and personal risk factors for heat illness
(B) The employer's procedures for identifying, evaluating, and controlling exposures to the environment and personal risk factors for heat illness
Cal/OSHA Regulation Continued

(C) The importance of frequent consumption of small quantities of water, up to 4 cups per hour under extreme conditions of work and heat

(D) The importance of acclimatization

(E) The different types of heat illness and the common signs and symptoms of heat illness

(F) The importance of immediately reporting to the employer, directly or through the employer's supervisor, symptoms or signs of heat illness in themselves, or in co-workers
(G) The employer's procedures for responding to symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary
(H) Procedures for contracting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical provider
(I) How to provide clear and precise directions to the worksite
(2) Supervisors training
   (A) All information required to be provided by section (e)(1) above
   (B) The procedures the supervisor is to follow to implement the applicable provisions in this section;
   (C) The procedures the supervisor is to follow when an employee exhibits symptoms consistent with possible heat illness, including emergency response procedures.
Heat Illness Prevention

Heat related illnesses are avoidable if the employees are trained and the right actions are taken before, during, and after working in either indoor or outdoor hot conditions. Types of heat illness include:

- Heat cramps
- Heat exhaustion
- Heat stroke
Heat Cramps

- Most Common
- Consist of muscle spasms usually in arms, legs or stomach
- Usually occur sometime after work, at night, or when relaxing
- Caused by heavy sweating, especially when water is not replaced quickly enough
- Can be painful, but usually does not cause permanent damage
Heat Cramps Prevention/First Aid

- Drink electrolyte solutions such as Gatorade with plenty of water
- Eat fruits such as bananas to help with hydration
- Call 9-911 or contact your supervisor immediately if a person becomes ill
Heat Exhaustion

- More serious than heat cramps
- Bodies internal temperature system is overworked, but not completely shut down
- Surface blood vessels and capillaries (used to cool) collapse from loss of fluids
- Caused by not replenishing the fluids lost during sweating
Heat Exhaustion Prevention/First Aid

- Symptoms include headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judgment, etc
- Move the person to a cool location
- Loosen their clothing, apply cool wet cloths, or fan them
- Have them drink water or electrolyte drinks
- Call 9-911 or contact your supervisor immediately if a person becomes ill
Heat Stroke

• Life threatening
• Body has depleted it’s supply of water and salt
• May first experience cramps or heat exhaustion
• Can be mistaken as a heat attack
• Symptoms include high core temperature, absence of sweating, red flushed skin, dizziness, headache, nausea or vomiting
• Advanced symptoms may be seizures or convulsions, loss of consciousness
Heat Stroke Prevention/First Aid

- Lowering the person's temperature is vital
- Move the person to a cool location
- Pour water on them, fan them, or apply cold packs
- Have them drink water or electrolyte drinks
- Call 9-911 or contact your supervisor immediately
Precautions to Prevent

- Condition yourself (acclimatization)
- Drink plenty of liquids, hydration is a continuous process
- Avoid alcohol and caffeinated beverages
- Take frequent breaks
- Provide water and shade at the worksite
- Wear lightweight, light colored clothing
- Immediately report all unsafe conditions to your supervisor or area manager
Thank you

Questions?

Environmental Health and Safety Department
Extension 5126