

Stay Cool and Safe This Summer

Heat Illness Prevention

With summer around the corner, the Risk Management and Environmental Health and Safety departments would like to remind campus community members to stay hydrated and cool for the incoming hot weather.

Know how to **AVOID, SPOT, and TREAT** the symptoms of Heat Illnesses such as Heat Exhaustion, Heat Cramps, Heat Rash, and Heat Stroke.

AVOID: During hot weather:

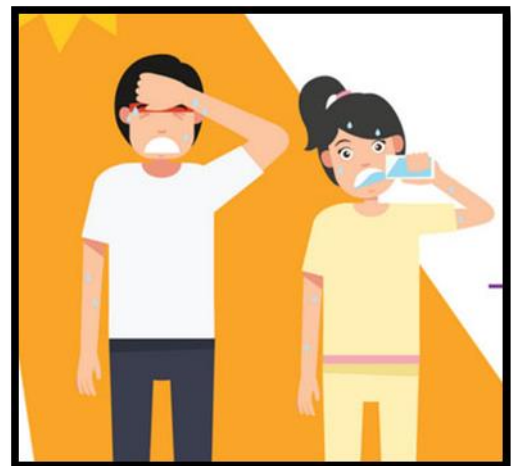
- Drink plenty of water!
- Find air-conditioned places to cool off
- Wear a hat, sunscreen and lightweight, light-colored, loose-fitting clothing when you go out

SPOT: Symptoms may include:

- High body temp
- Changes in pulse
- Dry skin
- Cramping
- Headaches
- Confusion
- Dizziness
- Upset stomach
- Weakness
- Fainting

TREAT:

- Cool the body
- Drink water
- Rest
- Get medical attention if symptoms are severe!



Wearing Face Coverings in Hot Weather

- Hot weather does not mitigate the need for face coverings when in public to help limit the spread of COVID-19. Recommendations to continue use of face coverings by the CDC and San Bernardino County are still in effect

Hot Weather Tips When Wearing a Face Covering:

- Always bring a face covering when you leave your home.
- Use breathable fabrics, such as cotton, for face coverings during hot weather days.
- Check your fit. Ensure your face covering fits comfortably, and not so tight as to make it difficult to breathe. Consider using adjustable tie-off face coverings rather than elastic fixed straps.
- Face coverings should not be worn when they become damp or wet. Bring extra clean coverings that you can put on when the original is less effective.
- Take additional precautions if you plan on being outside for prolonged periods of time. Remember to stay hydrated and rest under the shade when needed.



TRAINING IS AVAILABLE:

STUDENTS- LOG INTO MYCOYOTE THEN CLICK THIS LINK [HEAT STRESS RECOGNITION AND PREVENTION - CAL/OSHA](#)

FACULTY/STAFF- LOG INTO MYCOYOTE THEN CLICK THIS LINK [HEAT STRESS RECOGNITION AND PREVENTION - CAL/OSHA](#)

SUPERVISORS- LOG INTO MYCOYOTE THEN CLICK THIS LINK [HEAT ILLNESS PREVENTION FOR SUPERVISORS-CAL/OSHA](#)

For more information, check out these resources:

[CDC Heat Illness Infographic](#)
[Important Tips for Face Coverings in Hot Weather](#)
[How to Wear a Cloth Face Covering](#)
[San Bernardino County COVID-19 Updates](#)
[OSHA-NIOSH Heat Safety Tool App](#)



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