

Heat Illness Prevention Fact Sheet

Heat illness is a serious medical condition that occurs when heat exposure exceeds the physiological capacity of the body to cool itself. This results in an increase in the core body temperature that can produce a range of heat-related symptoms, from treatable heat cramps to heat stroke.

Heat stroke can be fatal, especially if medical treatment is delayed. California State University, San Bernardino has developed a heat illness prevention program to plan for, prevent and respond to heat-related illness situations. Supervisors and employees should learn how to recognize and respond to heat-related illness, train others to protect themselves and ultimately prevent heat-induced illness.

Water

- Have enough water that allows for 4 cups of water an hour.
- Located a source of potable drinking water that you can use to replenish your water container.

Rest

- Take frequent breaks
- Take breaks in a shaded areas, inside a building or designated break areas.

Shade

- Access to shade can be but not limited
 - Go into a building to cool down.
 - Sit under a tree.
 - Working under an easy-up canopy

Clothing

- Wear light-weight/loose-fitting clothing.
- Include bandana; UV-absorbent sunglasses; and a widebrimmed hat or cap.
- Use of personal protective equipment (e.g., air purifying respirators, heavy worksuits, etc.) may increase your susceptibility to heat illness.

Communication

- Notify your Supervisor of any personal risk factors (i.e., health, weight, age, etc.) that make you more susceptible to heat related illness

Training

- Complete your Training in CUSLearn

Signs and Symptoms of Heat Illness

Early Symptoms

- Fatigue
- Heavy sweating
- Headach
- Cramps
- Dizziness
- High pulse rate
- Nausea or vomiting

Life-Threatening Symptoms

- High body temperature
- Red, hot, and dry skin
- Confusion
- Convulsions
- Fainting

Additional Resources:

CSUSB EHS Department www.csusb.edu/ehs or 909-537-5179

CSUSB Police Department 909-537-5165 non emergency

CSUSB Police Department Emergency Line 911

Cal/OSHA e-tool for [Heat Illness](#)

[Cal/OSHA Regulation for Heat Illness Prevention](#)

Environmental Health and Safety Department, 5500 University Parkway San Bernardino, CA 92407

909-537-5179, www.csusb.edu/ehs, ehs@csusb.edu.