

## Know How to Protect Yourself!

# Heat Illness Prevention Plan

## Access to Water

- ◆ Access to sufficient amounts of cool potable drinking water shall be available at all times regardless of outdoor temperature
- ◆ Provide at least one quart per employee per hour for the entire shift
- ◆ Avoid coffee, tea or other caffeinated drinks that dehydrate the body
- ◆ Avoid drinking alcohol the day prior to working in heat
- ◆ Don't wait until you are thirsty!



## Take Rest Breaks

- ◆ Take frequent breaks in shaded or air conditioned areas
- ◆ Have areas of shade available at all times
  - ◆ School buildings
  - ◆ Canopies, umbrellas or other temporary structures
- ◆ You should not wait until you feel sick to take a break
- ◆ Preventative recovery periods will be provided & should be at least 5 minutes



## Risk Factors

### Environmental Risk Factors

- ◆ Air temperature
- ◆ Relative humidity
- ◆ Radiant heat from sun & other sources
- ◆ Conductive heat sources such as the ground
- ◆ Air movement
- ◆ Workload severity & duration
- ◆ Protective clothing & personal protective equipment (PPE)

### Personal Risk Factors

- ◆ Age
- ◆ Degree of acclimatization
- ◆ Water consumption
- ◆ Alcohol consumption
- ◆ Caffeine consumption
- ◆ Use of prescription medications
- ◆ Heat affects the body's water retention
- ◆ Heat affects other physiological responses to heat

## The Dangers of Heat Illness

**Heat Cramps** - The least severe condition and the first sign of distress. Symptoms are painful muscle spasms usually in the legs & abdomen.

**Care for heat cramps** - Rest in a cool place, give cool water and stretch/massage the affected area. Watch for further symptoms.

**Heat Exhaustion** - More severe condition. Symptoms are cool, moist, pale or flushed skin; headache, dizziness, nausea, weakness and exhaustion.

**Care for heat exhaustion** - Move to a cooler location, drink cool (not icy) fluids, loosen clothing & apply cool wet towels. If vomiting don't give any more fluids and seek medical attention immediately.

**Heat Stroke** - The least common, but most severe and usually results because previous signs were ignored. Body symptoms are overwhelmed by heat and begin to stop functioning. **This is a SERIOUS medical emergency.** Symptoms include body stops sweating because it can no longer rid itself of excess heat, mental confusion, delirium, loss of consciousness, convulsions or coma. Body temperature of 106° or higher, hot dry skin & may be reddish. Changes in consciousness or may have rapid weak pulse and rapid shallow breathing. Victims can die unless treated promptly.

**Care for heat stroke** - Reduce body heat immediately by dousing the body with cold water, or applying wet, cold towels to the whole body. Move the victim to the coolest possible place and remove as much clothing as possible. Maintain an open airway. Place the victim on his or her back, with the head and shoulders slightly raised. If cold packs are available, place them under the arms, around the neck, at the ankles, and on the groin. Expose the victim to a fan or air conditioner since drafts will promote cooling. **Seek medical attention immediately.**

For questions contact the  
Safety Office (858) 627-7174



San Diego Unified  
SCHOOL DISTRICT