

Heat illness is a serious medical condition caused by the body's inability to cope with a particular heat load. Types of heat illness include heat rash, heat cramps, heat exhaustion, and heatstroke. NOTE: Heat stroke is a medical emergency.

DO YOU KNOW THE SYMPTOMS OF HEAT ILLNESS?

Early Symptoms	Life-Threatening Symptoms
<ul style="list-style-type: none"> • Fatigue • Heavy sweating • Headache • Cramps • Dizziness • Rash • Nausea or vomiting 	<ul style="list-style-type: none"> • High body temperature (> 103°F) • Red, hot, and dry skin • Confusion • Convulsions • Fainting • Rapid pulse • Loss of consciousness

HOW DOES USC ADDRESS HEAT ILLNESS?

USC educates employees and supervisors on heat illness through the Heat Illness Prevention Program. Departments must develop and implement a specific plan for their employees who work outdoors or in warm environments. USC EH&S is available to assist in this effort.

HOW CAN HEAT ILLNESS BE PREVENTED?

- 1. Drink plenty of water.** Drink one quart of water over an hour during the work shift. Do not wait until you get thirsty. Avoid alcohol, coffee, and soft drinks.
- 2. Wear clothing that is light-weight and loose-fitting.** Wear light-weight breathable clothing, UV-absorbent sunglasses, and a wide-brimmed hat or cap. Use of some personal protective equipment (e.g., air purifying respirators, heavy work suits, etc.) may increase your susceptibility to heat illness.
- 3. Take frequent breaks.** Taking breaks in cool shaded areas allows the body to recover from heat exposure. Notify your supervisor if cool shade is not available.
- 4. Notify your Supervisor** of any personal risk factors (i.e., health, weight, age, etc.) that make you more susceptible to heat related illness.
- 5. Be mindful of medication side effects.** Ask your health care provider or pharmacist if there are any adverse effects to being in the sun/heat while on prescription medication.

AS AN EMPLOYEE, YOU MUST:

- Drink plenty of water before, during, and after work.
- Take frequent breaks in cool shade.
- Wear light-colored/light-weight clothing.
- Apply sunscreen.
- Know the symptoms of Heat Illness.
- Watch out for your fellow employees.
- Contact DPS at (213) 740-4321 UPC (323) 442-1000 HSC; local emergency service provider; or 911.



ADDITIONAL INFORMATION

Cal-OSHA Heat Illness Prevention 9-minute video:
<https://www.youtube.com/watch?v=cR6FA5w8A1o> (English);
<https://www.youtube.com/watch?v=n7Wb1jmKA6I> (Spanish)

Cal-OSHA Heat Illness Prevention eTool:
<http://www.dir.ca.gov/dosh/etools/08-006/resources.htm>

Cal-OSHA Heat Illness Prevention Standard (8CCR3395):
<https://www.dir.ca.gov/title8/3395.html>

