

Did You Know...

...that as temperatures rise, so does the risk of heat illness?

Heat illness is a medical condition that results from the body's inability to cope with heat. This risk is generally higher for people who work outdoors but continuous exposure to a high heat source can result in the onset of heat illness.

The good news is heat illness is preventable. One of the keys in preventing heat illness is staying hydrated; that doesn't mean drinking more coffee, soda or alcohol; instead, drink more water on a regular basis during the hotter months. Coffee, soda, alcohol and many other artificially sweetened or caffeinated drinks actually dehydrate the body and should be avoided when participating in high heat activities.

If you feel dizzy or lightheaded, find a shady area and increase your water consumption. If symptoms persist and do not seem to be improving, quickly seek immediate medical attention.

Cal/OSHA requires annual refresher heat illness prevention training for certain job classifications. Some of those classifications include custodians, groundskeepers, maintenance workers, and playground supervisors.

Remember, heat exposure can occur outside of work while attending children's sporting events, working in the yard, or at the beach.

The following tips and tools are geared toward providing your team with an improved safety culture and best practices in an easy-to-follow checklist format. Feel free to use this packet in part or in whole to your most effective advantage.



Drink Plenty of Water!

Safety begins with ME

General Heat Illness Prevention Tips

With heat illness, “An ounce of prevention is truly worth *more* than a pound of cure.”

- ☐ In hotter months, pay attention to the weather forecast of high temperatures.
- ☐ Depending on the humidity, 80° can be a high temperature.
- ☐ If you are out in the sun, don't forget your hat and sunscreen and look for shade or bring it with you.
- ☐ Leave sodas, alcohol and caffeinated drinks at home - they will cause dehydration.
- ☐ Fruits and light foods are easier to digest in the heat. Avoid salty, heavy or fried foods.
- ☐ Bring plenty of cool fresh water to drink and stay hydrated.
- ☐ If your mouth is dry, drink water. Listen to your body!
- ☐ Take periodic shade breaks and drink water to allow your body to cool itself.
- ☐ Babies, the elderly, and the sick are especially vulnerable to heat illness.
- ☐ If you work in the heat as a part of your job, pay attention to your Cal/OSHA heat illness prevention annual refresher training.
- ☐ With heat illness prevention “failing to plan is planning to fail.” Be prepared!
- ☐ Heat illness can lead to heat exhaustion and heat stroke which can be deadly. Do not take it lightly!



Don't Let this be You!

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