

Heat illness is a serious medical condition resulting from the body's inability to cope with a particular heat load. The health effects include heat cramps, heat exhaustion, and heatstroke (a medical emergency where the body is unable to control its temperature resulting in permanent disability or death).

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• High pulse rate• Nausea or vomiting	<ul style="list-style-type: none">• High body temperature• Red, hot, and dry skin• Confusion• Convulsions• Fainting

How does USC address heat illness?

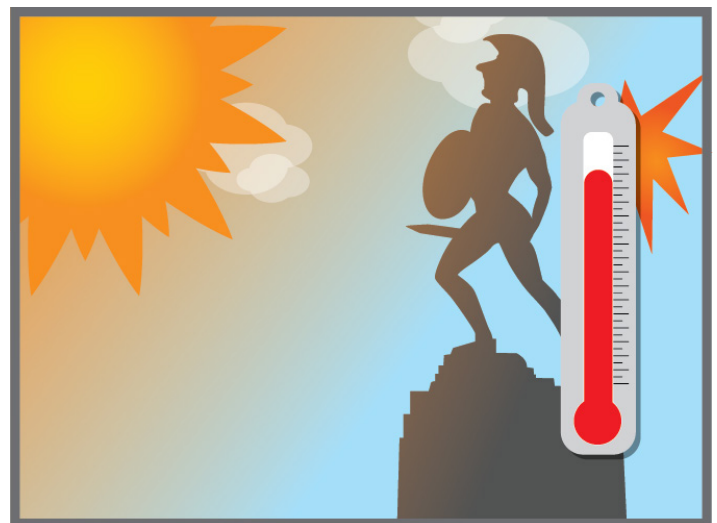
USC educates employees and supervisors on heat illness through its Heat Illness Prevention program. Departments must develop and implement a specific plan for their outdoor employees. USC EH&S is available to assist in this effort.

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. Do not drink alcohol, coffee, or soft drinks.
- 2. Wear light-weight/loose-fitting clothing.** Include bandana; UV-absorbent sunglasses; and a wide-brimmed hat or cap. Use of personal protective equipment (e.g., air purifying respirators, heavy work suits, etc.) may increase your susceptibility to heat illness.
- 3. Take frequent breaks.** Taking frequent breaks in the cool shade allows the body to recover from heat illness.
- 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.
- ✓ Take frequent breaks in cool shade.
- ✓ Wear light-colored/light-weight clothing.
- ✓ Wear sunscreen.
- ✓ Know the symptoms of Heat Illness.
- ✓ Contact DPS (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=cRGFA5w8A1o> (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>