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?

<table>
<thead>
<tr>
<th>Early Symptoms</th>
<th>Life-Threatening Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fatigue</td>
<td>• High body temperature (&gt; 103°F)</td>
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<tr>
<td>• Heavy sweating</td>
<td>• Red, hot, and dry skin</td>
</tr>
<tr>
<td>• Headache</td>
<td>• Confusion</td>
</tr>
<tr>
<td>• Cramps</td>
<td>• Convulsions</td>
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<tr>
<td>• Dizziness</td>
<td>• Fainting</td>
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<tr>
<td>• Rash</td>
<td>• Rapid pulse</td>
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<tr>
<td>• Nausea or vomiting</td>
<td>• Loss of consciousness</td>
</tr>
</tbody>
</table>

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 employees who work outdoors or in hot 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, or 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.
- Wear 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