

UC Davis/Monthly Safety Spotlight

Practical Tips to Help You Keep Yourself, Your Co-workers and the UC Davis Campus Safe, Healthy and Secure

May 2011

Preventing Heat-Related Illness and Injury

THE HEAT IS ON PROTECT YOURSELF!



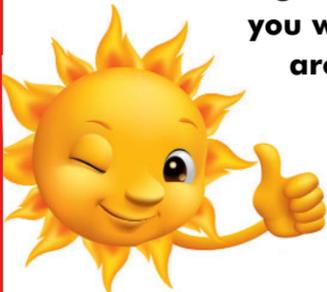
Know what you're up against

- Heat exhaustion is a serious condition, and heat stroke can be fatal.
- Heat illness and injury can affect all ages and levels of fitness.
- Protective clothing and equipment can cause you to overheat.
- Symptoms can be subtle; you may not know you are getting ill.
- Vehicles parked in the sun can quickly reach 170*; the heat can be fatal after only 40 minutes.



Know how to react

- **HEAT EXHAUSTION:** A person with heat exhaustion will experience profuse sweating, fatigue or weakness, dizziness or confusion, nausea, clammy, moist skin and pale or flushed skin color. Move the person into a cool area and have him or her rest quietly. Sponge clothing and skin with water and fan him or her. Offer cool water gradually. If the person refuses water, vomits or loses consciousness, call 9-1-1. Left untreated, heat exhaustion can lead to heat stroke.
- **HEAT STROKE:** Symptoms include rapid, weak pulse, vomiting, fast, shallow breathing, high body temperature, skin that is dry, red and hot, and confusion or hallucinations. Heat stroke is life-threatening; call 9-1-1 immediately! While waiting for help to arrive, follow the cooling steps as you would for heat exhaustion, but cool the body even faster by wrapping wet sheets around the victim and placing ice packs on the neck, wrists and ankles.



Know how to prevent heat injuries

- Campus departments with employees who work outdoors need a written Heat Illness Prevention Plan. Contact EH&S for heat illness prevention training.
- On very hot days, plan physically demanding activities for cooler morning or evening hours. Wear light colored, lightweight clothing that is loose-fitting to allow air circulation.
- Drink cool water often during the day even if you're not thirsty. Avoid drinks containing caffeine, alcohol or large amounts of sugar.
- Be sure people who are physically active during hot weather, or who work in hot environments, take frequent breaks in cool, shaded areas and have access to cool water throughout the day.
- **Never, never, never** leave a child unattended in a car. Don't allow children to play around unlocked parked cars; they can accidentally lock themselves in the car or the trunk.
- Work with your Department Safety Coordinator or your supervisor to develop or enhance your department's heat-related illness and injury prevention measures, and an emergency response plan for use during periods of extremely hot weather.

Visit safetyservices.ucdavis.edu to take advantage of the many resources provided by UC Davis to help you maintain a safe, healthy workplace.

Think Safe. Act Safe. Be Safe.

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SAFETY SERVICES