You are headed outside to do some work, but you know the temperature is going to reach at least 85°F during your work period. You remind yourself of key parts of the training you previously received:

1. Your department has a written safety plan for employees and supervisors.
2. Everyone who works or supervises outside gets documented training EVERY year.
3. Humidity increases the temperature that you feel; 80°F could feel like 85°F.
4. Water will be provided for free, and there is up to 2 gallons per day per person.
5. Drinking of water and non-caffeinated sports beverages should begin before signs of thirst.
6. Shade is provided when the temperature gets to 85°F.
7. Shade can include a special trailer, leafy trees, a vehicle with A/C, an adjacent building, or more.
8. Breaks of five minutes in the shade are allowed whenever needed, in addition to regular breaks.
9. Hats and light-colored clothing help block the sun.
10. Getting used to heavy work at high temperatures (95°F) can take 4 to 14 days of gradually increasing exposure.
11. There are different heat illnesses: rash, cramps, exhaustion, fainting, and stroke.
12. Heat stroke can quickly lead to death.
13. Some heat stroke symptoms include fever of 105°F, dry skin, vomiting, confusion, or a fast weak pulse.
14. Medical issues, poor fitness level, and advanced age are some things that may increase risk.
15. When temperatures feel at least 95°F, our supervisors and professors remind us about heat illness regularly and monitor our well-being more closely, and we know how to spot and help coworkers who show signs of heat illness.

Tips for Preventing Heat-Related Illnesses at Home

While at home on a hot day, keep these tips in mind to help stay healthy and safe!

- Drink plenty of fluids and avoid beverages with alcohol or sugar
- Stay indoors when possible in an air-conditioned place. If you do not have AC, then visit a local cafe or shopping center to help your body stay cool
- Electric fans can help, but once the temperature exceeds 90°F they lose their effectiveness. Try taking a cool shower instead
- Wear lightweight, light-colored, and loose clothing
- Never leave anyone, person or pet, in a closed, parked car
- Be aware that infants and young children, people over the age of 65, and people that are physically or mentally ill, have a higher risk for heat illness
- Take it easy – cut down on high-intensity exercise and relax in shaded areas

*CDC Website, Emergency Preparedness and Response, 2012

Prevent Your Exposure to Mosquitoes

Use the following tips to help protect against exposure to mosquitoes:

- Use EPA-registered mosquito repellents when necessary and follow label directions and precautions closely
- Tuck shirts into pants and pants into socks to cover gaps in your clothing where mosquitoes can get to your skin
- Use head nets, long sleeves and long pants if you venture into areas with high mosquito populations, such as salt marshes
- Stay indoors at sunrise, sunset and early in the evening when mosquitoes are most active, especially if there is a mosquito-borne disease warning in effect
- Use structural barriers as follows:
  - Cover all gaps in walls, doors and windows to prevent mosquitoes from entering
  - Make sure window and door screens are “bug tight”
  - Completely cover baby carriers and beds with netting

An important part of mosquito control around your home is making sure that mosquitoes don’t have a place to lay their eggs. Because mosquitoes need water for two stages of their life cycle, it’s important to monitor standing water sources.

- Get rid of standing water in rain gutters, old tires, buckets, plastic covers, toys or any other container where mosquitoes can breed
- Empty and change the water in bird baths, fountains, wading pools, rain barrels and potted plant trays at least once a week to eliminate potential mosquito habitats
- Populate garden ponds with mosquito-fish or simple gold fish – they eat mosquito larvae!
- Drain temporary pools of water or fill with dirt
- Keep swimming pool water treated and circulating

*EPA, 2013, http://www2.epa.gov/mosquitocontrol/remove-mosquito-habitats

To Register for Risk Summit:

2. Click on Risk Summit 2013 Registration
3. Follow the applicable prompts to complete your registration

University of California department and unit staff throughout the system are invited to attend this year’s UCOP Risk Summit on June 5-7, 2013. This annual gathering of UC professionals is an opportunity to connect with colleagues to share perspectives, best practices, challenges and solutions that you can use to improve efficiency in your workplace and to better manage risk.

To register for the upcoming Risk Summit, please visit the UCOP Website, and click on the “Risk Summit 2013 Registration” link. You can also link to the site by clicking HERE. Registration is FREE and open to ALL UC personnel. Hotel accommodations (in accordance with UC policy and against the prepaid block) are also funded by UCOP.
**Get the Gear!**

**Do You Know?**

When temperatures rise, so does the risk for heat-related illness which can be fatal. Since 2003, more than 30 workers have died annually due to heat exhaustion across the State of California. The hazards are especially dangerous in construction and agriculture. The State of California has the largest number of crop workers in the U.S., and thousands lose work time to occupational injury or illness every year. Heat illness cases on California farms occur at a rate three times higher than in all of the state’s industries combined. In May and June of 2012, Cal/OSHA investigated two suspected heat-related deaths in construction and agriculture. In 2011, Cal/OSHA issued 919 citations that cost California employers more than half a million dollars. Heat stroke is the most serious heat-related illness in which the body temperature can rise above 106°F in minutes. More than 20 percent of heat stroke cases result in death. Prevent Heat Illness and Injury at Work Across the UC Campuses!

Heat illness and injury prevention should be part of your department illness and injury prevention program and/or safe work processes. Work tasks with potential heat risks include welding, brazing, cooking, steam-fitting and firefighting. Employees working outdoors can also face heat risks including those who work in construction, groundskeeping, maintenance, agriculture and field research positions. **Work with your supervisor and co-workers to be sure your prevention measures include:**

- Periodic breaks for rest and shade
- Engineering controls such as good ventilation and management of humidity and air temperature
- Medical assessment for susceptibility to heat illness and injury
- Having enough water available and staying hydrated throughout the day
- Complete safety training for all employees who could encounter heat risks in their work tasks

**Reusable Water Bottle:**

- Water is important to the body at all times. Avoid dehydration by consistently consuming water and not simply waiting to get thirsty. Keep a reusable bottle of water at your desk or workplace, in your car, and where ever else you may be to remind yourself to hydrate! Great reusable bottles are available in stainless steel or BPA- and phthalate free materials. These bottles are environmentally-friendly because they reduce unnecessary waste and serve a fresh purpose! Aim at drinking at least eight 8-ounce glasses throughout the day and if you’re active, drink at least 6-12 ounces every 10-15 minutes. Remember to replenish your body on extra strenuous or hot days – this is when your body will need more than normal.

**Sunscreen:**

- To protect yourself from harsh UV-rays apply sunscreen daily to sun-exposed areas prior to sun-exposure or throughout the day if you work outdoors. This includes the face, ears, neck, and even on top of the head for those with thinner hair. Pick a sunscreen that protects against UV-A and UV-B rays and has a sun protection factor (SPF) of at least 15. If you sweat or are exposed to water, choose a waterproof product. Not all sunscreens have the same ingredients, so read the labels to find one that works for your lifestyle and one that will work best with your skin-type. Be aware of expiration dates!

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**Take a Bike!**

When the weather is sunny and warm, forget the car and hop on your bike! Biking is a great way to relieve stress, get fresh air, and fit in some exercise all while getting to where you need to be – including work. There are many types of biking activities ranging from high- to low-intensity. Some people prefer mountain or trail biking, others prefer road biking, and still others enjoy a casual ride. There are all sorts of bikes to choose from and necessary safety equipment to go with this all-ages activity. Remember to wear your helmet! Also consider whether or not your biking journey will take you into dimly lit areas or past sunset. Your bike should be safely equipped with lights and reflectors, both front and back, so you’re visible and whatever may be in front of you is also visible. If you have a reflective vest, wear that, too! A covered bike-cart that attaches to the rear of your bike is a great way to pack a picnic, bring the kids or your pet, or haul your groceries to increase the use of your two wheels. Remember to practice safety when chauffeuring children or pets.

**Choosing the right helmet:**

- Chin straps must be fastened under the chin at all times. No more than two fingers should fit between skin and strap when fastened
- Side straps should form a “V” shape just under and in front of the ears
- Wear your helmet each and every time
- Do not wear hats underneath the helmet
- Helmets should sit level on the head and cover the forehead
- The fit should be snug and should not be able to slide back and forth
- Choose bright colors that are visible
- Look for the Consumer Product Safety Commission (CSPC) sticker or Snell Memorial Foundation endorsement

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*State Compensation Insurance Fund Website, 2013*

**What is this muscle?** The upper trapezius muscle begins at the base of the skull, runs along the side of the neck and ends at the point of the shoulder. In its neutral position, the muscle holds up the weight of your arms. In action, it is the muscle you use to shrug your shoulders. When your shoulders are stable, it helps you tilt your neck and head back (when both sides contract together) or to the side (when only one side is contracted). A tight upper trapezius can be painful and can limit your range of motion. While stretching can relieve this pain, overstretching can make the pain worse. It is important to stretch gradually and listen to your body when you want to relieve tension. Stretch gently until you feel resistance but before you feel any pain.

**How can I stretch this muscle?** Sitting in your chair and with your feet flat on the floor, reach behind your back with your left hand. Reach above and over your head with your right arm so that your right hand is over your left ear. Use your right hand to gently stretch your head toward your right shoulder. Hold for 10 to 20 seconds (take 2 or three easy breaths while stretching), release, and then switch arms and stretch to the other side. A gentle but consistent routine of daily stretching can help relieve tension, reduce fatigue, and improve health. However, if you think you may have any physical condition that may limit your ability to stretch safely you should always review the activity with your health care provider before engaging in it to assure what you are planning to do is going to be right for you.

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**When might a sunburn require medical attention?**

Intense sun exposure often results in sunburn – painful, red and hot to the touch – which usually appears within a few hours and can take several days or longer to fade. Sunburns increase your risk of certain types of skin-related diseases including liver spots, actinic keratosis, and skin cancer. Sunburn exposure risk increases if you experience any of the following:

- The sunburn is severe — with blisters — and covers a large portion of your body
- The sunburn is accompanied by a high fever or severe pain
- You’ve developed a skin infection from scratching your sunburned skin
- You have a severe sunburn that doesn’t begin to improve within a few days

Your doctor might suggest a corticosteroid cream for your sunburn, or a short course of prednisone for severe cases involving large areas of your body. Rarely, people who have severe sunburn may need intravenous fluids to combat dehydration.

In most cases, sunburn can be treated at home with:

- Cool compresses
- Over-the-counter pain medications, such as ibuprofen (Advil, Motrin IB)
- Antihistamines, such as diphenhydramine (Benadryl)
- Aloe vera gel or lotion
- Hydration — drinking plenty of fluids

*Mayo Clinic, Lawrence E. Gibson, M.D., 2013 http://www.mayoclinic.com/health/sunburn-treatment/AN01423*
Feedback, Please

injury prevention
occupational health
emergency preparedness
chemical & lab safety

“Ah, Spring,” rhapsodized Bill, holding up the handful of oxtails he had brought in from the parking lot, its bright yellow flowers brilliantly cheery. “When a young man’s fancy turns to thoughts of love.”

“Then that young man doesn’t work for Grounds, or he’d be thinking of ticks, chiggers, and weed-whacking the North Forty,” grumbled Careless Chris as she finished lacing up her heavy boots.

What Would You Do?

The following scenario depicts a situation in which an individual suffers from heat stress. Read the scenario and decide how you would respond. How would you handle the situation? In what order would you address the situation based on the information provided below?

Even though Miguel was out late last night, he still manages to wake up at 5 a.m. to get out to the fields one hour early. He packs two bottles of water and is sure to wear a long-sleeved shirt to prevent pesticide exposure. He arrives at the fields at 7 a.m. and begins picking onions. The temperature quickly rises to 100° F by 11 a.m. To harvest as much as possible, Miguel doesn’t take any breaks. While Miguel had prepared and brought water, he is still thirsty and finishes his water by 10 a.m. By 11:30, Miguel begins to feel tired and dizzy. Thinking nothing of it, he keeps working. Soon after, Miguel faints in the fields. What would you do and in what order?

• Take off Miguel’s boots and socks
• Seek medical attention
• Check to see if Miguel is conscious
• Give him water
• Loosen his clothing, especially around his neck, chest, and waist
• Move Miguel to a shady spot
• Splash cool water on Miguel

Cal/OSHA has specific requirements for heat illness prevention for those who work outdoors. There are four preventative steps that can be taken to avoid dangerous situations. Remember to train all employees and supervisors about heat illness prevention, provide enough fresh water so each employee can drink at least one quart per hour and encourage drinking, provide access to shade where employees can cool-down for at least five minutes, and plan, develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard. There are also additional measures to take when the heat rises to 95°F; effective communication channels must be established and ensured through electronic means or observation; more frequent water breaks are required; and outdoor workers must be on high alert for signs and symptoms of heat illness.

Note: There is no “correct” order in the above actions.