



HEAT ILLNESS: Information Fact Sheet

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What is Heat Illness?

A serious medical condition resulting from the body's inability to cope with a heat exposure.

4 Types of Heat Illness:

Illness	Signs/Symptoms	Treatment
Heat Rash	Red bumps & pimples on neck, chest, shoulders & folds of skin	<ul style="list-style-type: none"> Keep affected area dry Don't apply creams or lotions
Heat Cramps	Painful cramps usually beginning in hands, calves, feet or abdomen	<ul style="list-style-type: none"> Cool down break Drink cool water or sports drink*
Heat Exhaustion	Drenching sweats, cold/clammy/pale skin, fatigue, headache, nausea, dizziness, & weakness	<ul style="list-style-type: none"> Cool down break Lie down, loosen clothing & spray or sponge cool water Fan the victim Drink cool water or sports drink*
Heatstroke	Hot skin (dry or wet), mental confusion, fast deep breathing, rapid heart rate, loss of consciousness & fainting, seizures	<ul style="list-style-type: none"> Immediately stop work & call for emergency medical assistance** Move employee to cooler area Cool the employee by spraying or sponging them with cool water and fanning Do not provide the employee with anything by mouth as it may become a choking hazard

* If symptoms do not improve, or worsen, seek medical attention

** Emergency procedures & contact information in Emergency Procedure Form

Water

During heavy physical activity, drink small quantities on a regular basis (e.g., 8–12 ounces every 20 minutes). Field employees are required to bring full dispensers of cool drinking water. These containers are to be cleaned daily. Water may be obtained from:

- Main Plant
- Tertiary Plant
- Delta Water
- Corp Yard
- Water Field Office
- Smith Canal

Breaks

Rest breaks should be taken in the shade. Good sources of shade include: trees, canopies or vehicles (only if vehicle is on and A/C is working). There are 2 types of breaks:

Type	Description
Rest / Recovery	<ul style="list-style-type: none"> Duration no less than 5 minutes Purpose is to prevent overheating
Preventive Cool Down	<ul style="list-style-type: none"> Taken upon experiencing heat symptoms Duration of no less than 10 minutes or until symptoms subside.



Heat Procedures

Supervisors are responsible to ensure that their crews are aware of the heat forecast and procedures to be implemented each day. Information can be communicated to employees through:

- Tailgate meetings
- Posting on the safety board
- Email
- Other verbal / written means

Control procedures are triggered at different temperatures, as follows:

Temperature Trigger	Procedures
Any	<ul style="list-style-type: none"> Water will be provided
80°F	<ul style="list-style-type: none"> Shade/rest will be provided Rest/recovery periods will be implemented Acclimatization procedures will be implemented
95°F	<ul style="list-style-type: none"> "High Heat Procedures" will be followed

Heat Procedures

The following controls will be implemented when temperatures exceed 95°F:

- Buddy System; crews of 2+
- Solo employees check in regularly
- 10 minute break every 2 hours (minimum)
- Modify work schedule*
- Re-schedule non-essential work tasks*

*At discretion of Supervisor

PPE & Protective Measures Available

The following items are available through Stores:

- Hats
- Sunscreen
- Cooling Towels
- Neck Guards
- Gatorade Packets
- Tinted Eyewear

Where can you get more info?

- MUD Safety Division
- Cal/OSHA (<http://www.dir.ca.gov/dosh/heatillnessinfo.html>)
- National Institutes of Health (NIH) (<http://www.nlm.nih.gov/medlineplus/heatillness.html>)