

Administrative Building HVAC - Heat Illness Prevention

Fact Sheet

Indoor Heat Illness Program

EMUS and SH&S are monitoring room temperatures by using the building automation system, which provides live data. The campus is following the parameters set by Cal OSHA standards, California Building Code regulations and ASHRAE 62.1 recommendations. If room temperatures exceed the recommended threshold, SH&S will contact the area's MPP or supervisor.

1. Monitor Work Conditions

- Know if your staff work in the affected area.
- Pay close attention during warm weather days if your staff is occupying the building.

2. Ensure Access to Water

- Provide **cool drinking water** that is readily accessible to all employees.
 - Hydration stations are available on each floor
- Encourage employees to drink water frequently in the event of higher temperatures.

3. Provide Cool-Down Areas

- Identify designated **cool-down areas** for staff to use when needed.
- These can include shaded outdoor spaces or adjacent air-conditioned buildings.
- Cougar Central will have air conditioning from 6/30 through the end of the project.

4. Recognize Signs of Heat Illness

Heat Illness

Heat Exhaustion

Heat Stroke (Emergency)

Common Symptoms

Heavy sweating, weakness, nausea, dizziness

Confusion, seizures, fainting, hot/dry skin

If employees suspect any type of heat illness, **call 911 immediately** and attempt to move the person to a cooler area.

5. Take Immediate Action

- Allow employees to take cool-down breaks as needed.
- Never deny an employee access to water or breaks.
- If someone shows signs of heat illness, **respond quickly** and seek medical help if necessary.

Resources

- [CSUSM SH&S Heat Illness Prevention Program](#)
- For questions or assistance with the indoor air quality, contact Safety, Health & Sustainability (SH&S) at shs@csusm.edu or (760) 750-4502.
- For questions or assistance about the project, contact Ian Irvine at iirvine@csusm.edu or (760) 750-4601