



Heat Illness Prevention Program Overview

Policy and Scope

CSUSM is committed to maintaining a safe and healthy environment by minimizing risks of heat illness. This program applies to all indoor and outdoor work environments where temperatures may pose a risk. Compliance with California regulations (CCR Title 8, Sections 3395, 3396, and 3400) is mandatory.

Responsibilities

- **Supervisors:** Ensure employees are trained, provide shade and water, recognize symptoms of heat illness, monitor work conditions, address heat risks, conduct hazard analyses and maintain compliance.
- **Employees:** Follow heat illness prevention protocols, wear PPE (applicable), report symptoms, and attend training.
- **SH&S Office:** Conduct risk assessments as requested, provide guidance and training, and review program effectiveness.

Recognizing Heat Illness and Heat Illness Response

- **Heat Rash:** Red pimples or blisters due to sweating. Move to a cool, dry area.
- **Heat Cramps:** Muscle spasms from dehydration. Hydrate with electrolytes and water.
- **Heat Exhaustion:** Symptoms include headache, fatigue, nausea, and heavy sweating. Move to a cool area, hydrate, and apply cool compresses.
- **Heat Stroke:** A medical emergency with high body temperature, confusion, or unconsciousness. Call 911 (or x4567), cool the victim immediately, and do not leave them alone.



Prevention Measures

- **Hydration:** Drink water regularly, not waiting for thirst. Avoid alcohol and caffeine.
- **Clothing:** Wear lightweight, light-colored, breathable clothing.



- **Breaks:** Take rest breaks in shaded or cooled areas during high heat.
 - **Scheduling:** Perform strenuous tasks during cooler parts of the day.
 - **Acclimatization:** Allow for gradual exposure to heat. CDC recommends a 5-7 acclimatization schedule, and 14 for new workers or newly assigned workers.
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Outdoor and Indoor Heat Safety

- **Outdoor Workers:**
 - Shade must be provided when temperatures exceed 80°F.
 - High-heat procedures activate at 95°F, including mandatory hydration reminders and buddy systems.

- **Indoor Workers:**

The University will ensure the following provisions are made available for workers whose responsibilities require them to work indoors when the temperature is greater than or equal to 82°F:

- Cool-down areas must be below 82°F when available.
- Water must be available free of charge
- Adjust work/rest schedules based on heat levels and provide adequate ventilation.



When temperatures reach 87°F (82°F when working in clothing that restricts heat removal or near radiant heat sources), the University will utilize engineering controls to the extent feasible to reduce temperatures below 87°F. Supervisors shall utilize administrative controls to minimize the risks of heat illness.

Emergency Response

Supervisors must ensure communication access and recognize heat illness signs. Employees exhibiting severe symptoms should receive immediate first aid while awaiting emergency services.



SAFETY, HEALTH & SUSTAINABILITY

SAFETY NOTICE

Contact and Support

For questions or concerns, contact your supervisor or the SH&S Office at 760-750-4502.
