HEAT ILLNESS PREVENTION

The District utilizes the Heat Illness Prevention Plan (HIPP) to control the risk of occurrences of heat illness and to comply with the California Code of Regulations, Title 8, Chapter 4, Section 3395. The plan is designed to educate employees and their supervisors on the symptoms of heat illness, causes of these symptoms, ways to prevent heat illness, and what to do if they or a fellow employee experience symptoms of heat illness.

You can find the HIPP online using this link: HEAT ILLNESS PREVENTION PLAN

WHAT IS HEAT ILLNESS?

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn’t enough. Body temperatures can rise to dangerous levels if precautions are not taken such as drinking water frequently, and resting the shade or air conditioning. Heat illnesses range from heat rash and heat cramps, to heat exhaustion and heat stroke. Heat stroke requires immediate medical attention and can result in death.

HOW CAN HEAT ILLNESS BE PREVENTED?

Establishment of a complete heat illness prevention program is key and includes: providing workers with water, rest and shade; gradually increasing workloads and allowing more frequent breaks for new workers or workers who have been away for a week or more to build a tolerance for working in the heat (acclimatization); and modifying work schedules as necessary. Plan for emergencies and train workers about the symptoms of heat-related illnesses and their prevention; and monitor workers for signs of illness. Workers new to the heat or those that have been away from work and are returning can be most vulnerable to heat stress and they must be acclimatized.

Remember these three simple words: Water, Rest, Shade

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- “Easy does it” on your first days of work in the heat. You need to get acclimated.

If you have additional questions, please email Michael Nguyen, District EH&S at mnguyen@sbccd.cc.ca.us.