

Heat Illness Prevention

Heat illness is a serious health risk for outdoor workers in California. To prevent this, employers must follow the Heat Illness Prevention Standard and employees should be familiar with CSUSM's campus program on heat safety.



95+ Temperature Days

- Directly observe employees as a supervisor or designee
- Regularly communicate with solo employees by radio or mobile phone. Remind them throughout their shift to hydrate
- Conduct pre-shift meetings before work starts to review procedures
- Encourage employees to contact emergency services (911) when needed
- Implement a mandatory buddy system



Additional Tips

- Drink water often, even if you aren't thirsty
- Take breaks in the shade when the temperature is above 80 degrees
- Report heat symptoms early to supervisors
- Know what to do in an emergency
- Wear hats and light-colored clothing to block the sun
- Contact SHS for additional questions at x4502

