

HEAT ILLNESS PREVENTION

University of Arizona - Environmental Health and Safety Department

HEAT ILLNESS MITIGATION

Water - Drink at least 1 cup (8 oz) every 15-20 minutes. Do not wait until thirsty.

Rest - Take breaks in shaded or air-conditioned areas. Increase frequency as heat index rises.

Shade - Provide shade structures for outdoor work. Rotate crews to limit direct sun exposure.

Acclimatization - New or returning workers need 7-14 days to adjust. Gradually increase workload.

Buddy System - Never work alone in high-heat conditions. Monitor coworkers for symptoms.

Clothing - Wear lightweight, light-colored, loose-fitting clothing. Use cooling towels and wide-brim hats.

Scheduling - Schedule heavy tasks for early morning or late afternoon. Avoid peak heat (10am-4pm).

Training - All employees must recognize heat illness signs: heavy sweating, confusion, nausea, dizziness.

OFFICE EXPOSURE POINTS

- Poor ventilation or broken HVAC
- Working near heat-generating equipment
- Server rooms and mechanical spaces
- Kitchens and laundry facilities
- Warehouses without climate control
- Parked vehicles without A/C running

FIELD EXPOSURE POINTS

- Direct sun exposure on rooftops/grounds
- Asphalt, concrete, and reflective surfaces
- Heavy PPE reducing body cooling
- Strenuous tasks: digging, lifting, climbing
- Confined spaces with limited airflow
- No nearby shade or cooling stations



Video Link 1
Heat Illness Training
English



Video Link 2
Heat Illness Training
Spanish



Video Link 3
First Aid - Emergency
Action Planning Resources

EMERGENCY ACTION PLAN

Heat-Related Illness Response

1. Recognize Symptoms

- Heat Cramps: muscle spasms, heavy sweating
- Heat Exhaustion: headache, nausea, dizziness, cool/moist skin, rapid pulse
- Heat Stroke (EMERGENCY): confusion, hot/dry skin, loss of consciousness, temp >104F

2. Immediate Response

- CALL 911 for suspected heat stroke
- Move worker to shade or air-conditioned area immediately
- Remove excess clothing; apply cold water/ice packs to neck, armpits, groin
- Provide cool water if conscious and alert (small sips)
- Fan the worker and mist with water
- Do NOT leave the person alone

3. Notification Chain

- Notify supervisor immediately
- Contact Risk Management & Safety: (520) 621-1790
- File incident report within 24 hours via EHS web portal
- For life-threatening emergencies: UAPD (520) 621-8273

4. Post-Incident

- Do not allow worker to return to heat exposure same shift
- Document conditions: temperature, humidity, task, duration
- Review and adjust work/rest schedule
- Conduct debrief with crew within 48 hours

5. Prevention Triggers

- Heat Index >103F: mandatory 15-min rest every hour
- Heat Index >115F: STOP outdoor work; relocate or reschedule
- OSHA/ADOSH requires written Heat Illness Prevention Plan on file



Hazard Recognition
& Reporting



University of Arizona
Heat Plan



EHS Web Page
ua.edu/ehs

EMPLOYEE SIGN-IN & ACKNOWLEDGEMENT

Heat Illness Prevention Training

By signing below, I acknowledge that I have received training on Heat Illness Prevention, understand the signs and symptoms of heat-related illness, and know the Emergency Action Plan procedures.

Date: _____ Location: _____ Trainer: _____

#	PRINT NAME	SIGNATURE	DATE
1.	_____	_____	_____
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