



On the Alert!

Date: May 16, 2024
Attention: ASCIP Members
Affected: Administrators, Legal, Risk Management, Faculty & Staff
Applicability: K-12, Community Colleges & Charter Schools

PREPARE FOR HOT WEATHER INDOORS AND OUTDOORS

Forecasters at [NOAA's Climate Prediction Center](#) — a division of the National Weather Service — predict above-average temperatures for most of the Continental U.S. and Alaska. Planning and adjusting to the heat are vital for the safety and well-being of all employees and students. It is crucial to prioritize on how to prevent heat-related illnesses, even for indoor workers.

To help prepare for future high temperatures, consider the following:

- Start by gradually exposing yourself to warmer conditions, allowing your body to adapt.
- Monitor daily weather conditions during the early months of summer.
- Wear lightweight, breathable clothing and stay hydrated (even if you do not feel thirsty), to prevent dehydration.
- Plan your day to avoid peak temperatures, especially for outdoor tasks. Schedule outdoor activities during cooler times, like early morning or evening, to lower the risk of heat-related illnesses.
- For indoor workers, like those in kitchens or warehouses where there is limited air conditioning and radiant heat from ovens, it is important to acclimate and take safety precautions just as if you were working outdoors.

- Indoor environments can still become uncomfortably warm, so take breaks in cooler areas, stay hydrated, and use fans or air conditioning when available. Report air conditioning that is not working properly or has not been set for the summer temperatures.
- Refamiliarize yourself with the [signs and symptoms of heat-related illness](#). Signs of heat exhaustion include muscle cramps, flushed face, fatigue, dizziness, and excessive sweating. Heat stroke symptoms include little-to-no sweating, rapid pulse, confusion, and above-average body temperatures.

By educating one another and taking proactive steps, we can ensure a safe and healthy work environment for everyone during hot weather and higher temperatures.

Resources available:

- ASCIP Safety Spotlight – [Outdoor Heat Safety](#)
- The CDC and the National Oceanic and Atmospheric Administration's National Weather Service have collaborated to create [an interactive online tool](#) to help you understand how the heat in your area can affect your health and what you can do to protect yourself. <https://ephtracking.cdc.gov/Applications/HeatRisk/>
- Center for Disease Control and Prevention (CDC)– Office of Public Health Preparedness and Response Preventing Heat-Related Illness published an article on staying safe during extreme heat– https://www.cdc.gov/extreme-heat/prevention/?CDC_AAref_Val=https://www.cdc.gov/disasters/extremeheat/faq.html

Please contact your ASCIP Risk Services Consultant or our Risk Services team at RM_Info@ascip.org for questions or to discuss further.