

SAFETY SPOTLIGHT

BACK TO SCHOOL - STAY AHEAD OF RISING TEMPERATURES FOR EVERYONE'S SAFETY

As temperatures climb this summer and as staff, faculty, and students return to campus, it's more important than ever to protect everyone from heat-related illnesses—whether you're working outside under the sun or inside a classroom or driving a district vehicle.

When it's hot and humid (90°F+ for several days), your body must work overtime to stay cool. This can lead to heat exhaustion or even heat stroke—both serious and preventable. Everyone should be able to recognize the signs of a heat-related illness.

Symptoms of Heat Illness from Mild to Emergency:

Mild to Moderate	Severe / Emergency
Dizziness	Confusion / slurred speech
Headache	Fainting / unconsciousness
Thirst / dry mouth	Vomiting or seizures
Muscle cramps	Hot, dry skin or profuse sweating
Fatigue / irritability	Rapid pulse / shallow breathing

Extreme heat is the leading cause of weather-related preventable deaths in the U.S. Whether you're working indoors or outdoors, stay hydrated, take breaks, watch for warning signs, and keep cool. If someone shows symptoms, act quickly, move them to a cool area and call 911 if they're severe. Do not wait for confirmation from others – act with urgency.

Indoor Heat Hazards

The indoor temperature is 87°F or higher, or the heat index exceeds 82°F with radiant heat or strenuous work. For indoor environments:

- Monitor room temperatures and air movement.
- Use fans, portable A/C units, or adjust HVAC where possible.
- Provide access to water, cool rest areas, and breaks.
- Close blinds or drapes to reduce heat from sun exposure.
- Report hot spots or HVAC issues to your supervisor immediately.

Outdoor Safety Tips

- Start early—avoid strenuous work during peak heat (12–4 PM).
- Drink water every 15–30 minutes, even if you're not thirsty.
- Wear light-colored, breathable clothing and a hat.
- Use shaded or air-conditioned rest areas during breaks.
- Buddy up—monitor each other for signs of heat illness.
- Wear sunscreen while working outside.

Resources:

- [Cal/OSHA Heat Illness Prevention Guidance and Resources](#)
- [CDPH Extreme Heat Guidance for Schools](#)

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