

# HEAT ILLNESS PREVENTION



Heat illness occurs when your body overheats due to prolonged exposure to hot environments. It can range from mild heat exhaustion to life-threatening heatstroke.

## BEAT THE HEAT!

**These quick tips are reminders for everyone's safety.**

### Stay hydrated!

- 1 Drink plenty of water throughout the day. There are water fountains and refill stations available throughout the District.

### Stay cool!

- 2 Take advantage of air conditioning when possible or find shade to cool down in. Don't forget your hat and other cooling/sun-protective gear.

### Take Heat Illness Prevention Training on NeoEd.

- 3 The annual Heat Illness Prevention Training educates District employees on how to recognize and prevent heat illness.

### Heat Exhaustion symptoms may include:

Call 911 if someone is exhibiting symptoms of heat stroke!

If possible, help them cool down in a shaded area while you wait for medical assistance.



**Heavy Sweating**



**Muscle Cramps**



**Nausea**



**Dizziness**

### Heat Stroke symptoms may include:



**Chills**



**Hallucinations**



**Slurred Speech**



**High Temperature**

**SBCCD  
Heat Illness  
Prevention Plan:**



For questions or concerns, please reach out to your manager.