

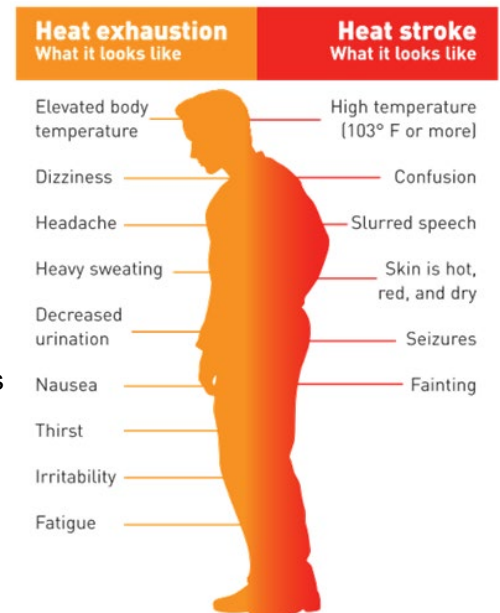
## Heat Illness Medical Response Plan

If a supervisor observes signs of heat illness, or an employee reports symptoms of heat illness, the employee must be relieved from duty and provided with a sufficient means to reduce body temperature. Examples include, but are not limited to: cooling blankets, cooling vests, and fans. Heat illnesses may include heat cramps, heat syncope (fainting), heat exhaustion, and rhabdomyolysis - in severe instances, heat stroke (**which may be life threatening**). (See [page two](#) for heat illnesses and symptoms.)

An employee exhibiting signs or symptoms of heat illness must be monitored and must not be left alone or sent home without being offered onsite first aid to reduce body temperature and/or being provided with emergency medical services.

If the signs or symptoms are indicators of **severe** heat illness (such as, but not limited to, decreased level of consciousness, staggering, vomiting, disorientation, irrational behavior or convulsions), the following emergency response procedures must be immediately implemented:

- Contact emergency medical services by dialing 9-1-1 or the Campus Public Safety Office at (503) 725-5911, or activate one of the blue light emergency phones on campus.
- Tell the dispatcher this is a heat-related illness, the current condition of the person, and provide clear and precise directions to the location.
- Administer appropriate first aid and wait with the person until emergency responders arrive.
- After the emergency, report the incident to your supervisor and to [Human Resources](#) via the Injury Report Form. Injuries must be reported even if there is no medical treatment.



**If not in close proximity to emergency medical services, the work-site specific plan must include:**

- A two-way radio or equivalent communication method
- Knowledge of a location where emergency medical services can be met
- Awareness by all employees of those on the field work team that are trained in first aid.
- If necessary and instructed to do so by medical professionals, transport employees to a place where they can be reached by an emergency medical provider.

### Preventing Heat Illness

- Set up a buddy system; monitor yourself and co-workers
- Schedule and encourage frequent rest breaks in the shade
- Wear a hat and light-colored clothing
- Drink water every 15 minutes and avoid caffeinated beverages
- Do outdoor work in the morning or in late evening, if possible

For more information about the PSU Heat Illness Prevention Program and available resources, please visit the [EHS Heat Illness Prevention Program webpage](#).

Condition	Symptoms	Response/First Aid
<p><b>Heat Stroke</b></p> <p>Heat stroke is a severe medical emergency. Call for emergency medical services or get to a hospital immediately.</p>	<ul style="list-style-type: none"> <li>• Confusion, slurred speech</li> <li>• High body temperature (above 103° F)</li> <li>• Hot, dry skin or profuse sweating</li> <li>• Possible unconsciousness</li> <li>• Seizures</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 or the Campus Public Safety Office at (503) 725-5911.</li> <li>• Get the person to a cool place to lie down, remove outer clothing, and stay with them.</li> <li>• Cool them quickly with a cold water or ice bath if possible; wet the skin, place cold wet cloths on skin, or soak clothing with cool water. <b>Do not</b> put an unconscious person in a bath or shower.</li> <li>• Place cold wet towels or ice on their head, neck, armpits, and groin.</li> <li>• Circulate the air around the person to speed cooling.</li> </ul>
<b>Heat Syncope</b>	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Fainting (short duration)</li> <li>• Light-headedness from standing too long or suddenly rising from a sitting or lying position</li> </ul>	<ul style="list-style-type: none"> <li>• Have the person sit or lie down in a cool, shady area.</li> <li>• Have them slowly drink water, clear juice, or a sports drink.</li> </ul>
<b>Heat Exhaustion</b>	<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Nausea</li> <li>• Headache</li> <li>• Dizziness, light-headedness</li> <li>• Thirst</li> <li>• Irritability</li> <li>• Weakness</li> <li>• Elevated body temperature</li> <li>• Decreased urine output</li> </ul>	<ul style="list-style-type: none"> <li>• Take the person to a clinic or emergency room for medical evaluation and treatment.</li> <li>• Call 911 if medical care is unavailable.</li> <li>• Stay with the person until help arrives.</li> <li>• Move the person to a cooler location.</li> <li>• Have the person lie down and loosen their clothing; remove shoes/socks.</li> <li>• Apply cool, wet cloths to as much of their body as possible</li> <li>• Encourage frequent sips of cool water.</li> </ul>
<b>Heat Cramps</b>	<ul style="list-style-type: none"> <li>• Muscle cramps, pains or spasms – often in the abdomen, arms, or legs</li> </ul>	<ul style="list-style-type: none"> <li>• Drink water and have a snack and/or carbohydrate-electrolyte replacement liquid (e.g., sports drinks) every 15 to 20 minutes.</li> <li>• Avoid salt tablets.</li> <li>• Seek medical care if the person has heart problems, is on a low sodium diet, or if heat cramps last longer than an hour.</li> </ul>
<b>Rhabdomyolysis</b>	<ul style="list-style-type: none"> <li>• Muscle cramps/pain</li> <li>• Abnormally dark urine (tea or cola-colored)</li> <li>• Weakness</li> <li>• Exercise intolerance</li> <li>• Asymptomatic</li> </ul>	<ul style="list-style-type: none"> <li>• Stop activity.</li> <li>• Drink more liquids (water preferred).</li> <li>• Seek immediate care the nearest medical facility.</li> <li>• Ask to be checked for rhabdomyolysis (i.e., blood sample analyzed for creatine kinase).</li> </ul>