



VMTH Safety News and Announcements

Summer 2022

Beat the Heat! - Heat Illness Prevention -

<https://safetyservices.ucdavis.edu/news/heat-illness-prevention>

Heat Related Incidents are 100% preventable. Here are some tips to prepare for the risks of heat exposure and to be aware of heat illness prevention:

- Know the signs and symptoms of heat exhaustion and heat stroke.
- Monitor weather daily and avoid outdoor work in the hotter parts of the day to the extent possible; adjust work tasks and duration accordingly.
- Gradually increase time out in the sun to acclimatize yourself to the heat (can take from 4 to 14 days).
- Keep potable water on hand at all times for consumption (approximately four 8-ounce cups of fresh water per hour).
- Cool off in well shaded or air-conditioned areas (recovery period of at least 5 minutes).
- Wear lightweight, loose-fitting and light-colored clothing.
- Minimize direct exposure to the sun whenever possible.

The [Heat Illness Prevention Training](#) is required **ANNUALLY** for everyone routinely exposed to higher temperatures.

BEAT THE HEAT
 Dehydration and heat illnesses are 100% preventable. Here are some tips to prepare for the risks of heat exposure and to be aware of heat illness prevention:

DEHYDRATION AND HEAT ILLNESSES
 As a rule of thumb, most athletes should consume 200 to 300 milliliters of fluid every 15 MINUTES OF EXERCISE. It takes only 50 MINUTES for cell damage to occur with a core body temperature of 105 degrees.

SAFETY TIPS
 Have sports drinks on hand for overcast conditions lasting longer than an hour. Keep beverages cold - cold beverages are consumed 50 percent more than warm beverages. Hydrate before, during and after activity. Remove unnecessary equipment, such as helmets and padding, when environmental conditions become extreme. Clothing worn by athletes should be light colored, lightweight and protect against the sun.

SIGNS OF MINOR HEAT ILLNESS
 Dizziness, muscle tightening and spasms. Lightheadedness, when not associated with other symptoms.

SIGNS OF EXERTIONAL HEAT STROKE
 Core body temperature of more than 105 degrees. Signs of nervous system dysfunction, such as confusion, aggression and loss of consciousness. Rapid breathing. Low blood pressure.

[\(Download me!\)](#)

ADDITIONAL RESOURCES:

- The VMTH Heat Illness Prevention Procedures Manual is available [here](#).
- SafetyNet 123: Heat Illness Prevention is available [here](#).

Fire Extinguisher Hands-on Training

Are you concerned that you or your staff do not have the proper training for the use of a fire extinguisher? Reach out to mferrero@ucdavis.edu to schedule a FE training through UC Davis Fire Prevention Services.



Fire Extinguisher training - 06/14/22

The class provides hands-on training in a **safe, controlled environment** in which you will have the opportunity to use a real fire extinguisher.



Campus Ready Updates

- **Testing requirements will end:** Beginning June 24 requirements for asymptomatic testing will end, and [COVID-19 testing](#) will be available on a voluntary basis for UC Davis students and employees.
- **Symptom Surveys changes:** Beginning June 24, employees (including student employees) are still required to use the [Daily Symptom Survey](#) to self-check their symptoms before work, but students will no longer be required to take the survey before accessing university-managed facilities.
- **Useful Links:** [Summer Guidance](#) and [Public Health Policies & Requirements](#)

Wildfire Season Weather Impacts

- [Wildfire Smoke and Outdoor Workers:](#) CalOSHA established new standards for when employers must provide respirators during smoke events.
- When it's smoky on the Davis Campus, check the [Decision Matrix](#) based on Air Quality for guidance.



FEEDBACK IS GOOD!

Email Comments and Suggestions to: mferrero@ucdavis.edu
 VMTH Safety Resources: [VMTH Safety Site](#)