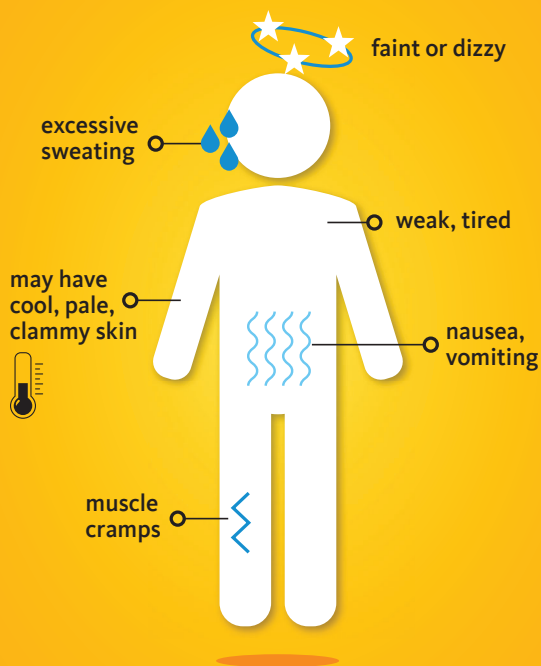


Health Effects of *Heat*

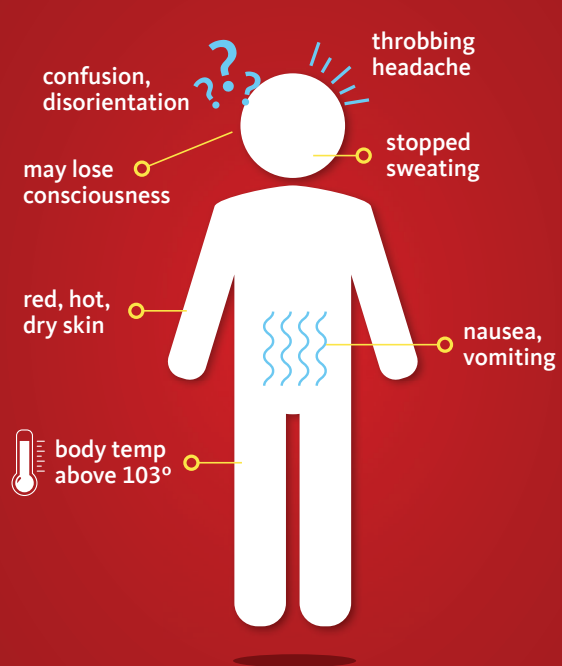
Heat Exhaustion

Symptoms may include:



Heat Stroke

Symptoms may include:



**If experiencing
these symptoms...**

1. Get water, shade, and rest.
2. Stop all strenuous work in heat.
3. Monitor symptoms.

1. Call 9-1-1.
2. Take immediate action to cool down until help arrives.

CPP Training Links:

Student Heat Illness Prevention training or search "Heat Stress Recognition and Prevention -Cal/OSHA" on CPP Student Training Platform
Employee Heat Illness Prevention training or search "Heat Illness Prevention (Employees)" on SumTotal
Manager Heat Illness Prevention training or search "Heat Illness Prevention for (Managers)" on SumTotal



**Cal Poly
Pomona**

More resources are available at the CPP EH&S website or contact the EH&S office for assistance

Source Sara Souza at UC Berkeley EHS