

HEAT ILLNESS SAFETY FOR CALIFORNIA SCHOOLS

Yahshua's Law (SB 1248) & California Heat Safety Guidelines



1 PREVENT

CHECK HEAT RISK. TAKE ACTION.

CALIFORNIA HEAT RISK LEVELS

0 Little/None	1 Minor	2 Moderate	3 Major	4 Extreme
Normal precautions	Increase hydration	Modify activities	Cancel outdoor activities	Cancel outdoor activities

ADDITIONAL PREVENTION MEASURES



Provide water



Ensure shade



Use indoor alternatives



Monitor students

2 RECOGNIZE

KNOW THE SIGNS OF HEAT ILLNESS

HEAT EXHAUSTION WARNING SIGNS



- ☐ Heavy sweating
- ☐ Pale, clammy skin
- ☐ Dizziness or headache
- ☐ Nausea or vomiting
- ☐ Muscle cramps
- ☐ Weakness or fatigue

WHAT TO DO:

- ☒ Move to a cool, shaded area
- ☒ Give fluids if alert
- ☒ Monitor closely

HEAT STROKE (MEDICAL EMERGENCY)



ATHLETES MAY STILL BE SWEATING DURING HEAT STROKE.
Do NOT wait for sweating to stop.

EXERTIONAL HEAT STROKE

Athletes • PE • Strenuous Activity

- Altered mental status
- May still be sweating
- Collapse or loss of consciousness

CLASSIC HEAT STROKE

Heatwave • Prolonged Exposure

- Altered mental status
- Hot, dry, red skin (may be dry OR sweaty)
- Fainting or seizures



ALTERED MENTAL STATUS = KEY RED FLAG

Confusion • Irrational behavior • Slurred speech • Seizure • Loss of consciousness

3 RESPOND

SUSPECT HEAT STROKE? COOL FIRST. TRANSPORT SECOND.



CALL
911
IMMEDIATELY

BEGIN RAPID WHOLE-BODY COOLING

- 1 Remove excess clothing.
- 2 Cold-water immersion if available (preferred method).
- 3 If no tub, douse entire body with cold water or use cold, wet towels.
- 4 Continue cooling while awaiting EMS.



IMPORTANT:



Do NOT give fluids to an altered or unconscious student.



Do NOT delay cooling while waiting for a temperature reading.

SCAN
ME!



Google
Reviews ★★★★★

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