CSULB Indoor High Heat Plan

July 2026

Office of
Environmental, Health and Safety

I. Introduction

Heat illness is a recognized public health hazard in California and is entirely preventable through planning, education, and timely intervention. California State University, Long Beach (CSULB) is committed to providing a safe learning and working environment for students, faculty, staff, and visitors.

The purpose of the Indoor High Heat Plan (IHHP) is to establish a coordinated campus approach for identifying, assessing, and mitigating indoor heat hazards in facilities where environmental conditions may increase the risk of heat-related illness. The plan provides a framework for monitoring indoor temperatures, communicating heat-related risks, implementing protective measures, and responding to heat-related emergencies while supporting the continuity of campus operations.

II. Plan Scope

This plan applies to CSULB academic facilities and other occupied indoor spaces where mechanical cooling is unavailable, limited, or insufficient to maintain acceptable indoor temperatures during periods of elevated heat.

The IHHP establishes minimum campus requirements for:

- Monitoring indoor temperatures during periods of elevated outdoor temperatures.
- Assessing heat-related risks.
- Communicating heat advisories and protective measures.
- Providing access to drinking water and cooling areas.
- Implementing operational or instructional modifications when necessary.
- Responding to heat-related illnesses and emergencies.

This plan supplements, but does not replace, applicable California Code of Regulations, Title 8, Section 3396, departmental procedures, or emergency response protocols.

III. Responsibilities

Department Safety Coordinators (DSC) shall:

Department Safety Coordinators are responsible for coordinating implementation of this plan within their respective colleges or departments. Responsibilities include:

- Monitoring National Weather Service forecasts and anticipated heat events.
- Coordinating with college leadership to develop operational or instructional plans during periods of elevated heat.
- Notifying Environmental Health & Safety (EHS) when indoor temperatures exceed established action thresholds.
- Communicating heat advisories and protective measures to affected faculty, staff, and students.
- Coordinating the implementation of temporary protective measures, including cooling locations and hydration resources.

- Maintaining documentation of student heat illness awareness training, when applicable.

Beach Building Services shall:

- Install and maintain approved temperature monitoring equipment in designated buildings.
- Provide departments access to temperature monitoring systems during heat events.
- Support departments with temporary engineering controls, when feasible, including portable cooling equipment.
- Assist in establishing designated cooling areas capable of maintaining **below 82°F whenever feasible** and ensuring adequate supplies of cool drinking water.
- Coordinate building system assessments during extended heat events.

Environmental, Health and Safety (EHS) shall:

- Administer the Indoor High Heat Plan.
- Provide technical guidance regarding heat illness prevention.
- Confirm indoor temperature readings when necessary.
- Develop and deliver heat illness prevention training.
- Maintain employee heat illness prevention training records.
- Provide consultation regarding appropriate control measures and regulatory compliance.

Students shall:

- Comply with the requirements of this plan and any departmental instructions.
- Stay adequately hydrated during periods of elevated temperatures.
- Recognize and promptly report symptoms of heat-related illness to faculty or staff.
- Follow instructions regarding temporary relocation or modified instructional activities during heat events.

Staff / Faculty shall:

- Comply with this plan and applicable departmental procedures.
- Encourage hydration and recognize signs and symptoms of heat-related illness.
- Assist students or employees experiencing heat-related illness.
- Immediately contact emergency medical services by calling 9-1-1 whenever a medical emergency is suspected.

IV. High Heat Procedures

Note: Nothing in this program prevents an individual college/department from encouraging good heat-related work practices when local temperatures are hot but do not reach the thresholds detailed below.

Departments are encouraged to implement heat illness prevention practices whenever elevated temperatures may affect occupant health, even if formal action thresholds have not been reached.

When:

- the forecasted outdoor temperature is expected to reach **90°F or greater**, **or**
- an occupied indoor space reaches **87°F or greater**, as confirmed through approved monitoring,

the following actions shall be implemented:

1. **Notification**
   The Department Safety Coordinator shall notify affected building occupants and college leadership of the elevated heat conditions.
2. **Operational Assessment**
   College leadership shall evaluate instructional and operational impacts and determine whether classes or activities should be relocated, rescheduled, temporarily converted to an alternative instructional modality, or cancelled in accordance with the college's High Heat Response Plan.
3. **Protective Measures**
   Departments shall communicate heat illness prevention guidance, encourage hydration, and remind occupants to report symptoms immediately.
4. **Cooling Areas**
   In coordination with Beach Building Services, departments shall establish a designated cooling area supplied with cool drinking water and temporary cooling equipment, such as portable air conditioning units, fans, or other appropriate engineering controls, to provide meaningful relief from elevated temperatures.
5. **Medical Response**
   Faculty and staff shall promptly assist any individual exhibiting signs or symptoms of heat-related illness and activate emergency medical services by calling 9-1-1 when warranted.
6. **Monitoring and Recovery**
   The Department Safety Coordinator shall continue monitoring indoor temperatures throughout the heat event. Protective measures shall remain in place until indoor temperatures have returned below established action thresholds or environmental conditions no longer present an elevated heat risk.

California State University, Long Beach
Office of Environmental, Health & Safety
Heat-Related Emergencies Procedure

High temperatures can pose a significant health risk to students, faculty, staff, and visitors. Southern California experiences periods of extreme heat, particularly during late summer and early fall, that can increase the likelihood of heat-related illness in indoor and outdoor environments.

Heat-related illnesses are preventable when early warning signs are recognized and prompt action is taken. This guidance provides information for recognizing heat-related illnesses, responding appropriately, and reducing the risk of heat-related emergencies.

Heat-Related Illness Definitions

Heat Wave

A prolonged period of unusually hot weather, generally defined as two or more consecutive days with temperatures at or above 90°F.

Heat Index

The "feels like" temperature that combines air temperature and relative humidity to reflect how hot conditions feel to the body.

Heat Cramps

Painful muscle spasms, usually affecting the legs, arms, or abdomen, caused by heavy sweating and loss of fluids and electrolytes.

Common signs include:

- Muscle cramps or spasms
- Heavy sweating
- Thirst

- Fatigue

Heat Exhaustion

Heat exhaustion occurs when the body loses excessive fluids and is unable to cool itself effectively.

Common signs include:

- Heavy sweating
- Cool, pale, or clammy skin
- Headache
- Dizziness or lightheadedness
- Weakness or fatigue
- Nausea or vomiting
- Rapid pulse

Without treatment, heat exhaustion can progress to heat stroke.

Heat Stroke (Medical Emergency)

Heat stroke is a life-threatening condition that occurs when the body's cooling system fails and body temperature rises rapidly.

Signs and symptoms include:

- Hot, red skin (dry or damp)
- Confusion or altered mental status
- Loss of consciousness
- Seizures
- Rapid, weak pulse
- Rapid, shallow breathing
- Body temperature above 104°F (when measurable)

Heat stroke requires immediate emergency medical care.

Recognizing Heat Illness

Heat-related illness often develops progressively.

Stage	Common Symptoms	Recommended Action
Heat Cramps	Muscle cramps, sweating, thirst	Stop activity, move to a cool location, hydrate, stretch gently

Stage	Common Symptoms	Recommended Action
Heat Exhaustion	Heavy sweating, dizziness, headache, nausea, weakness	Move to a cool location, cool the body, provide water if alert, monitor closely
Heat Stroke	Confusion, collapse, unconsciousness, seizures, hot skin	Call **9-1-1 immediately** and begin rapid cooling

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Emergency Response

Heat Cramps

- Stop physical activity.
- Move the individual to a cool or shaded location.
- Provide cool drinking water or an electrolyte replacement beverage.
- Gently stretch and massage affected muscles.
- Do not allow the individual to resume activity until symptoms have completely resolved.

Heat Exhaustion

- Move the individual to an air-conditioned or shaded area.
- Loosen or remove excess clothing.
- Apply cool, wet towels or cloths.
- Encourage slow, frequent sips of cool water if the individual is fully awake and able to drink safely.
- Monitor symptoms continuously.

Call 9-1-1 immediately if the individual:

- Becomes confused
- Vomits repeatedly
- Refuses fluids
- Loses consciousness
- Does not improve within 30 minutes

Heat Stroke (Medical Emergency)

Immediately:

1. Call **9-1-1**.
2. If using a cell phone on campus, also notify **University Police at (562) 985-4101.**
3. Move the individual to the coolest available location.
4. Begin rapid cooling by:
    - Applying cool, wet towels or sheets
    - Fanning the individual

    - Placing ice packs on the neck, armpits, and groin when available
5. Monitor breathing and remain with the individual until emergency responders arrive.

Do not delay calling emergency services while attempting to cool the individual.

Heat Illness Prevention

The most effective way to manage heat-related illness is to prevent it before symptoms develop.

Students, faculty, and staff are encouraged to:

- Drink water regularly, even before feeling thirsty.
- Limit beverages containing alcohol or excessive caffeine.
- Wear lightweight, breathable clothing whenever practical.
- Schedule strenuous activities during cooler parts of the day whenever possible.
- Take frequent breaks in cool or shaded locations.
- Use fans or air-conditioned spaces when available.
- Eat light meals during periods of extreme heat.
- Watch for signs of heat illness in yourself and others.
- Report indoor areas experiencing excessive heat to your supervisor, Department Safety Coordinator, or Facilities as appropriate.

Emergency Contacts

Medical Emergency

- **Campus Landline:** 9-1-1
- **Cell Phone:** University Police Department
  (562) 985-4101

Detailed information regarding heat-related illness can be obtained in the following web sites:

https://www.dir.ca.gov/dosh/heatillnessinfo.html

https://www.dir.ca.gov/title8/3396.html