

Heat Stress Safety Checklist *

In extreme cases, heat illness can be deadly when the body is unable to cool itself by sweating. Use the following checklist as a guide to assess heat stress in your workplace.

Recognize the hazard

Yes No

- Does the employer have a written Injury and Illness Prevention Program (IIPP)?
It include how to identify and correct hazards involving exposure to heat.
- Have tasks, which require exposure to heat, been identified?
- Is work done outdoors in hot temperatures?
which jobs? _____

- how hot is it? _____
- Is heat a problem all day?
- Is heat a problem part of the day?
- Is work done in hot indoor areas?
which jobs? _____

Training

Workers have been trained in the following:**

Yes No

- Precautions to prevent heat illnesses (acclimatization, drinking of fluids, breaks)
- Health effects of heat stress
- How to recognize signs and symptoms of heat rash, heat cramps, heat exhaustion, and heat stroke.
- Effect of alcohol and drugs on the risk of heat illness.
- Proper use of protective clothing and equipment.
- The importance of immediately reporting to the employer or supervisor symptoms or signs of heat illness in themselves, or in co-workers.
- The employer's procedures for responding to symptoms of possible heat illness.
- Procedures for contacting emergency medical services

Work Practices

Yes No

- Monitoring air temperature and humidity
- Monitoring worker's temperature with a personal heat stress instrument
- Workers are rotated in hot, strenuous jobs to minimize heat stress.

* This version was adapted from the Tailgate Meetings that Work: A Guide to Effective Construction Safety Training, produced by LOHP

Work Practices (Cont.)**Yes No**

- Strenuous work is done during cooler parts of day (early morning or evenings) when feasible.
- Workers not used to hot environment are given lighter work during the first week on the job.
- Provision of clean, cool, and potable water readily available on the site**.**
Workers drink a quart an hour or more, depending on conditions and their level of exertion.
- Rest breaks* *.**
Workers who feel heat related symptoms are able to take a break of at least five minutes in an area with shade and good ventilation.
- Workers use the “buddy system” to recognize signs of heat illness in each other (including weakness, unsteady pace, irritability, disorientation, and changes of skin color).
- First aid supplies and equipment are available.
- Workers know how to contact emergency services.
- Workers know how to effectively report the work location to 911.

For outdoor environments

- Access to shade**.**
A shaded area should be provided for breaks and when workers need relief from the sun. Preferred methods of providing shade: umbrellas, canopies, tarps, trees, and/or structures.

Protective Clothing and Equipment**Yes No**

- Workers are provided water – or air-cooled garments, ice-packet vest in extremely hot environments.
- Frequent breaks are given to workers wearing hot personal protective equipment. In very hot conditions, breaks are taken in an air-conditioned area, if feasible.

For outdoor environments

- Workers wear loose, light-colored, lightweight cotton clothing and wide-brimmed hats when in the sun.
- Workers always keep on lightweight long-sleeve shirts and long pants if the temperature is over 95°F.
- When in the sun, workers use sunscreen products with a sun protection factor (SPF) of at least 15.

**** Cal/OSHA requires all employers with outdoor worksites to take those steps to prevent heat illness.**