

# HEAT ILLNESS PREVENTION – WORKSITE CHECKLIST

## ☐ **WATER**

- Is there plenty of fresh, cool drinking water located as close as possible to the workers?
- Is there a plan for refilling water coolers throughout the day?

## ☐ **SHADE AND REST**

- Is a shade structure available at all times (regardless of the weather) for workers to rest and cool down?
- Is the shade structure up and ready when the weather forecast is 80°F or higher?
- Do you have a plan in place for checking the weather forecast?

## ☐ **TRAINING**

- Have workers been trained to recognize and prevent heat illness BEFORE they start working outdoors?
- Can workers identify symptoms of heat illness?
- Is there a special plan in place to allow workers to get used to the heat?

## ☐ **EMERGENCY PLAN**

- Does everyone know who to notify if there is an emergency?
- Can workers explain their location if they need to call an ambulance?
- Does everyone know who will provide first aid?

## ☐ **WORKER REMINDERS**

Have workers been reminded to:

- Drink water frequently?
- Rest in the shade for at least 5 minutes as needed?
- Look out for one another and immediately report any symptoms?

