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?

	NWS	Не	at Ir	ndex			Temperature (°F)										
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
트	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
Relative	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131								no	RR
	95	86	93	100	108	117	127										
	100	87	95	103	112	121	132									-	
			Like	lihood	of He	at Dis	order	with	Prolo	nged E	xposi	ıre or	Strenu	ious A	ctivity	,	
	Caution						Extreme Caution					Danger		E E	treme	Dange	er