

## **Daily Checklist for Hot Weather**

- \_\_\_\_\_ What is the predicted high temperature at the worksite today? \_\_\_\_\_
- \_\_\_\_\_ Water- Is there plenty of fresh, cool drinking water located as close as possible to the workers?
- \_\_\_\_\_ Are water coolers refilled throughout the day?
- \_\_\_\_\_ Has someone been designated to check and make sure water is not running low?
- \_\_\_\_\_ Shade- Is shade or air conditioning available for breaks and if workers need to recover?
- \_\_\_\_\_ Training: Do workers know:
  - \_\_\_\_\_ Common signs and symptoms of heat-related illness?
  - \_\_\_\_\_ Proper precautions to prevent heat-related illness?
  - \_\_\_\_\_ Importance of acclimatization?
  - \_\_\_\_\_ Importance of drinking water frequently (even when they are not thirsty)?
  - \_\_\_\_\_ Steps to take if someone is having symptoms?
- \_\_\_\_\_ Emergencies: Does everyone know who to notify if there is an emergency? (911, Nextel, etc.)
  - \_\_\_\_\_ Do workers know their work location and can explain it if they need to call an ambulance?
  - \_\_\_\_\_ Does everyone know who will provide first aid if necessary?
- \_\_\_\_\_ Knowledgeable Person for high and very high/extreme heat index risk levels
- \_\_\_\_\_ Is there a knowledgeable person at the worksite who is (1) well-informed about heat-related illness, (2) able to determine appropriate work/rest schedules, and (3) can conduct physiological monitoring as necessary?
- \_\_\_\_\_ Physiological Monitoring
  - \_\_\_\_\_ Are workers in the high or very high/extreme heat index risk levels being physiologically monitored as necessary?
  - \_\_\_\_\_ Worker: Reminders to (1) Drink water often, (2) Rest in shade, and (3) Report heat-related symptoms early.

*(\*This checklist is adapted from a checklist in OSHA's Heat-related Illness Prevention Training Guide.)*