



HEAT SAFETY DAILY 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 (at the yard or purchased) if you don't bring out enough to start with?
- Water Supply Required: (Two gallons per person per 8 hour shift)

8 Hour Shift		9 Hour Shift		10 Hour Shift	
# of Employees	# of Gallons	# of Employees	# of Gallons	# of Employees	# of Gallons
4	8	4	9	4	10
5	10	5	12	5	13
6	12	6	14	6	15
7	14	7	16	7	18
8	16	8	18	8	20

 SHADE

- All workers have been instructed on how shade will be provided.
- Daily forecast has been checked.
Recommended site: National Oceanic and Atmospheric Administration (NOA)
<http://www.weather.gov/>

 TRAINING—MUST BE DOCUMENTED

- Have workers been trained to recognize and prevent heat illness BEFORE they start working outdoors?
- Are workers able to 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? (1 quart per person per hour)
- Rest in the shade for at least 5 minutes as needed?
- Look out for one another and immediately report any symptoms?



KNOW THE SIGNS AND SYMPTOMS OF HEAT ILLNESS AND TAKE ACTION

Illness	Symptoms	Treatment
MILD: HEAT CRAMPS	muscle spasms in legs or abdomen	Move person to a cooler location, stretch muscles for cramps and give cool water to drink.
MODERATE: HEAT EXHAUSTION	headaches clumsiness dizziness/lightheadedness fainting weakness/exhaustion heavy sweating clammy, moist and/or pale skin irritability/confusion nausea/vomiting	Move person to a cooler place (do not leave alone). Loosen and remove heavy clothing that restricts evaporative cooling and if conscious, provide small amounts of cool water to drink. Fan person, spray with cool water, or apply a wet cloth to skin to increase evaporative cooling. Call 911 if not feeling better within a few minutes. Note: If heat exhaustion is not treated, the illness may advance to heat stroke.
SEVERE: HEAT STROKE	sweating may/may not be present red or flushed, hot dry skin bizarre behavior mental confusion loss of consciousness panting/rapid breathing rapid, weak pulse seizures or fits	Call 911 Move person to a cooler place (do not leave alone). Cool worker rapidly, loosen and remove heavy clothing that restricts evaporative cooling. Fan person, spray with cool water, or apply a wet cloth to skin to increase evaporative cooling. Note: Do not attempt to give water to an unconscious person.

HEAT INDEX

EFFECT ON PEOPLE IN HIGHER RISK GROUPS

**80 to 89°
Caution**

Fatigue possible with prolonged exposure and/or physical activity.

**90 to 104°
Extreme Caution**

Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.

105 to 129° Danger

Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity.

**130° or higher
Extreme**

Heat/sunstroke highly likely with continued exposure.

