

# BORDER WANTS TO MAKE SURE YOU ARE SAFE THROUGHOUT THE SUMMER

## HOT WEATHER PLANNING CHECKLIST FOR SAFETY MANAGERS

Heat-related illnesses such as heat stress, heat exhaustion, and heat stroke are a very real threat for workers during the summer months. It's important to plan and prepare for these situations. Use this OSHA Heat-Related Illness Prevention Training Checklist to ensure you, your crews, and your worksite are prepared for the hot weather.

<b>WATER</b>	Is there plenty of fresh, cool drinking water located as close as possible to the workers?	<input type="checkbox"/>
	Are water coolers refilled throughout the day? (Has someone been designated to check and make sure water is not running low?)	<input type="checkbox"/>
<b>SHADE</b>	Is shade or air conditioning available for breaks and if workers need to recover?	<input type="checkbox"/>
<b>TRAINING</b>	Do workers know the:	
	Common signs and symptoms of heat-related illness?	<input type="checkbox"/>
	Proper precautions to prevent heat-related illness?	<input type="checkbox"/>
	Importance of acclimatization?	<input type="checkbox"/>
	Importance of drinking water frequently (even when they are not thirsty)?	<input type="checkbox"/>
	Steps to take if someone is having symptoms?	<input type="checkbox"/>
<b>EMERGENCIES</b>	Does everyone know who to notify if there is an emergency?	<input type="checkbox"/>
	Can workers explain their location if they need to call an ambulance?	<input type="checkbox"/>
	Does everyone know who will provide first aid?	<input type="checkbox"/>
<b>KNOWLEDGEABLE PERSON</b>	For high and very high/extreme heat index risk levels, is there a knowledgeable person at the worksite who is well-informed about heat-related illness and able to determine appropriate work/rest schedules and can conduct physiological monitoring as necessary?	<input type="checkbox"/>
<b>PHYSIOLOGICAL MONITORING</b>	Are workers in the high or very high/extreme heat index risk levels being physiologically monitored as necessary?	<input type="checkbox"/>
<b>WORKER REMINDERS</b>	Drink water often	<input type="checkbox"/>
	Rest in shade	<input type="checkbox"/>
	Report heat-related symptoms early	<input type="checkbox"/>

<sup>2</sup>This table is adapted from checklist (page 18) in OSHA's Heat-related illness Prevention Training Guide.