DAILY CHECKLIST
HEAT ILLNESS & INJURY

AgHealth Central States
Center for Agricultural Safety and Health

University of Nebraska Medical Center

Use this checklist to help identify and address potential sources of heat hazards in the workplace. Use **Section 1** to identify risk factors for heat exposure. Use **Section 2** to assess preparedness to prevent heat-related injuries and illnesses and create a plan to control heat exposures.

Section 1: Check risk factors for heat exposure present on the job site today (check all that apply)

- [ ] Outdoor work in warm or hot weather, or direct sun
- [ ] Radiant heat sources such as hot pavement, power tools, machinery, furnaces, etc.
- [ ] Low wind speed and/or physical elements of job site that block wind
- [ ] Work in confined spaces
- [ ] Moderate to strenuous physical activity performed in warm or hot indoor or outdoor environments
- [ ] Heavy or non-breathable work clothes and/or PPE worn in warm or hot indoor or outdoor conditions
- [ ] High heat index (high relative humidity combined with a warm or hot indoor or outdoor environment)
- [ ] Workers that have not been trained on heat exposure and heat-related illness
- [ ] Workers who are: 1) new to the job site or geographic region that are not used to the climate, 2) temporary or contract, 3) pregnant, or 4) returning from extended leave
- [ ] Work in a remote area where it would take a long time to access emergency services
- [ ] Employees working alone

If you checked any of these items, continue to Section 2 to develop a plan to protect workers.
Apply and layer different levels of controls to best control heat exposures.

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Section 2: Daily work practices to implement to protect workers, based on Section 1

Engineering Controls

- [ ] Ventilation is used (air conditioners, cooling fans, etc.)
- [ ] Radiant heat sources are shielded
- [ ] Workers that have been trained on heat exposure and heat-related illness
- [ ] Restrooms are close to the job site
- [ ] Other: _____

Administrative Controls

- [ ] Mandatory rest and hydration breaks are provided in shade or air conditioning. If shade is not possible, an alternate option such as a cooled area or air conditioned vehicle may be used. Duration of rest breaks should reflect the current conditions.
- [ ] Fluids are readily available and provided to workers for free, and supervisors make sure they are consistently hydrating.
- [ ] Procedures are in place to determine if heat is hazardous throughout the work day, such as monitoring temperature and/or heat index, monitoring heat advisories
- [ ] Schedule shorter shifts for newly hired or unacclimatized existing workers. Gradually increase shift length over the first few days, first week, and second week.
- [ ] Other: _____

Personal Protective Equipment

- [ ] Reflective and wicking clothing is worn
- [ ] Personal coolings systems provided (such as cooling vests, water-cooled garments, etc.)
- [ ] Cooling vortext tubes offered as an element of supplied air respiratory systems
- [ ] Other: _____

Heat-Related Medical Emergency Preparedness

- [ ] Instructions for what to do in case of a heat-related medical emergency are posted clearly and in the languages spoken by workers. Include directions for how to reach the site that can be easily relayed to emergency services.
- [ ] Materials for rapid cooling are available on-site while waiting for emergency services (such as ice or cold-water immersion, mists and fans for evaporation, ice packs).
- [ ] Other: _____

RESOURCES

OSHA:
Prevent Heat Illness
at Work Poster

OSHA:
Heat Safety Tool

OSHA:
Working in outdoor and
indoor heat conditions