

Planning Ahead for Hot Weather: Employer Checklist

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?

Do workers know the:

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?
- Can workers explain their location if they need to call an ambulance?
- Does everyone know who will provide first aid?

Knowledgeable Person

- 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?

Physiological Monitoring

- Are workers in the high or very high/extreme heat index risk levels being physiologically monitored as necessary?

Worker Reminders

- Drink water often
- Rest in shade
- Report heat-related symptoms early

