



Checklist

Heat-Related Illness Prevention Assessment



Environment

1 Is the worksite located outdoors?

a. Specify the environment.

2 Are breaks permitted during work and/or if any employee begins to feel unwell?

3 Is adequate shade provided for breaks during outside work?

4 Does the air in the workplace feel hot and uncomfortable?

5 Is the skin of workers wet from perspiration?

6 Has water been provided for employees to drink regularly?

7 Are water coolers provided and refilled throughout the day?

8 Are salts and minerals being replaced with snacks or sport drinks?

9 Are workers acclimatized to the work environment?

10 Is strenuous physical activity limited within environments where heat-related illness is plausible?

11 Are employees aware that heat-related illness can occur in any environment (indoors/outdoors), whether in extreme heat or milder temperatures?

Clothing



- 1 Is lightweight, loose clothing worn while working in hot environments?
- 2 Are workers provided with light-colored safety gear and sun protection, when applicable?
- 3 When applicable, is PPE provided to protect workers from the sun and extreme heat?
- 4 Are adequate precautions (i.e., cooling vests, fans, etc.) in use at workplaces with a higher risk of heat stroke?





Training

- 1 Have employees been trained to understand the hazards that lead to heat-related illnesses?
- 2 Have employees been trained on how to prevent heat-related illnesses?
- 3 Are employees trained in recognizing symptoms of heat-related illnesses?
- 4 Are employees aware of factors that increase the risk of heat illness?
- 5 Are employees aware of the various types of heat-related illnesses?
- 6 Does everyone understand what to do given a specific heat-related illness occurs?
- 7 Have all employees, including contractors and temporary workers, been assessed, acclimatized and trained for work?
- 8 Have emergency contact numbers been listed and do all workers know how/where to find this information?



Heat-Related Illness Prevention Plan



- 1 Has a heat illness prevention plan been created and are all employees aware of the contents?
- 2 Does the plan outline methods for working in hazardous environments with a heat-related illness risk?
- 3 Does the plan include how to respond to heat advisories and/or heat warnings?
- 4 Does the plan describe various controls which will be used to reduce heat stress?
- 5 Does the plan guarantee that first aid is adequately provided and that the process for obtaining further medical assistance is efficient and effective?

WHEN IN DOUBT, COOL THE WORKER AND CALL 911





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Let's chat

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As safety professionals and long-term leaders in the Verdantix EHS Green Quadrant, our deep and practical insight addresses your evolving needs, helping you achieve your health, safety and sustainability goals.

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