

Heat Safety Daily Checklist

Water

- ☐ Fresh, cool drinking water should be located as close to workers as practical.
- ☐ Have a plan for refilling water coolers throughout the day.

Shade and Rest

- ☐ A plan should be in place for checking the weather forecast. Monitor weather reports and advisories to respond to hot conditions.
- ☐ In California, shade must be present when the weather forecast or temperature reached is 80°F or higher.
- ☐ Shade should be available at all times (regardless of the temperature) for workers to rest and cool down.

Training

- ☐ Workers should be trained to recognize and prevent heat illness before starting work outdoors.
- ☐ Workers should be trained to identify symptoms of heat illness.

Emergency Plan

- ☐ Everyone should know whom to notify in case of an emergency.
- ☐ Workers must know their exact location in case an ambulance is needed.
- ☐ A designated person shall be available to ensure that emergency procedures are invoked when appropriate.

Worker Reminders

- ☐ Drink water frequently.
- ☐ Rest in the shade for at least five minutes or longer as needed.
- ☐ Look out for one another and immediately report any symptoms of heat illness.