



HEAT SAFETY SUPERVISOR'S DAILY CHECKLIST TO PREVENT HEAT ILLNESS:

TRAINING, <https://www.cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf?id=10.26616/NIOSH PUB2010114>

- Have you and your employees been trained to recognize and prevent heat illness BEFORE they start working?
- Implement a buddy system to help watch for heat-related illnesses and frequently ask how they feel.

WORKER REMINDERS, <https://deohs.washington.edu/pnash/sites/deohs.washington.edu.pnash/files/2020-06/StayingHydrated-SP-EN.pdf>

Have workers been reminded to:

- Drink water frequently? They don't need to wait until they are thirsty to drink water.
- Rest in the shade for at least 5 minutes as needed?

ACCLIMATIZING EMPLOYEES, <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-124.pdf>

- Is there a special plan in place to allow workers to get used to the heat if they are temporary, new, or been away on extended leave?
- Follow the 20% Rule — on the 1st day, do not allow employees to work more than 20% of a shift at full intensity in the heat. Increase their time by no more than 20% a day until they are used to working in the heat.
- Nearly 3 out of 4 heat illness events/fatalities happen during the first week of work.

WATER, <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf>

- Is there plenty of fresh, cool drinking water located close to the workers?
- When, how and who will refill water throughout the day?
- Encourage employees to hydrate before, during, and after work.
- Encourage employees to drink frequently – drinking 1 cup of cool water every 20 minutes or four 8-ounce glasses of water per hour. Employees should not wait until they are thirsty to drink water.
- Employees need to avoid energy drinks and alcohol while working.

SHADE AND REST, <https://www.osha.gov/heat-exposure/hazards>

- What is the weather forecast for each part of the day? Who is responsible to check the weather forecast throughout the day?
- Is shade or any shade structure available at all times for workers to rest and cool down? This should be available regardless of the weather.
- Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. They should not wait until they feel sick to cool down.

EMERGENCY & FIRST AID, <https://deohs.washington.edu/pnash/sites/deohs.washington.edu.pnash/files/2020-06/SymptomsTreatments-SP-EN.pdf>

- Does everyone know who to notify if there is an emergency?
- Does the Supervisor have a list of direct numbers to emergency medical services based on their exact location?
- Can workers explain their location if they need to call an ambulance?
- Does everyone know who will provide first aid?

HEAT ILLNESS PREVENTION PLAN, <https://www.99calor.org/Prevent-Heat-Illness.html>

- Develop and implement written procedures to protect employees from heat illness and to comply with any state or OSHA regulation.

HEAT ILLNESS RESOURCES AND TIPS

HEAT ILLNESS PREVENTION PLANS

- OSHA Heat Illness Prevention Plan, <https://www.osha.gov/sites/default/files/2021-07/Model%20Heat%20Illness%20Prevention%20Plan.pdf>

IMPORTANT CHARTS AND DOCUMENTS TO GUIDE HEAT ILLNESS DECISIONS

- OSHA-NIOSH Heat Safety Tool App, <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>
- CHART: Determination of Whether the Work is Too Hot, <https://www.osha.gov/heat-exposure/hazards>

WORK/REST SCHEDULES

- CDC Work/Rest Schedules, <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-127.pdf>

POSTERS & FACT SHEETS, <https://www.osha.gov/publications/bytopic/heat-illness-prevention>

- Heat Illness: Protecting Workers from the Effects of Heat Fact Sheet, https://www.osha.gov/sites/default/files/publications/heat_stress.pdf
- Heat Stress QuickCard, <https://www.osha.gov/sites/default/files/publications/osha3154.pdf>
- Heat Illness: Prevent Heat Illness at Work Poster, https://www.osha.gov/sites/default/files/publications/3431_wksiteposter_en.pdf

TRAINING MATERIAL

- Heat Illness Training Videos in Eng and Span, <https://www.lni.wa.gov/safety-health/safety-training-materials/workshops-events/beheatsmart#training-and-resources>
- Heat Stress Flipchart for employee training, <https://afop.org/wp-content/uploads/2020/01/Heat-Stress-Flipchart-8.5.19.pdf>
- Association of Farmworker Opportunity Programs (AFOP) Heat Stress Facts for Training, <https://afop.org/health-safety/heat-stress-prevention/#toggle-id-5>

GIVE TO EMPLOYEES

- Pocket-sized brochure on heat stress for employees, <https://afop.org/wp-content/uploads/2019/05/HSP-Pocket-Size-Brochure-2019.pdf>

FIRST AID

- OSHA First Aid for Heat Illness, <https://www.osha.gov/heat-exposure/illness-first-aid>
- Heat Safety Fact Sheet from CAL/OSHA, https://www.dir.ca.gov/dosh/dosh_publications/Heat-Safety-Fact-Sheet.pdf