

Heat Illness Prevention



Checklist Overview:

The following checklists are based off of OSHA Guidelines

These checklists are to help workers protect themselves in extreme heat

**Extreme Heat =
Temperature above 90 degrees
Fahrenheit for an extended amount
of time**

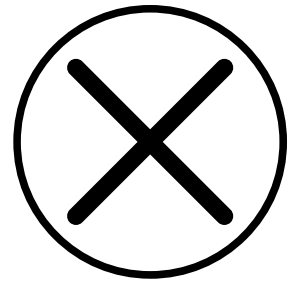
**To learn more about extreme
weather alerts, visit:
[https://www.weather.gov/safety/
heat-ww](https://www.weather.gov/safety/heat-ww)**

**To sign up for extreme heat alerts,
visit:
[https://public.govdelivery.com/ac
counts/AZDHS/signup/37495](https://public.govdelivery.com/accounts/AZDHS/signup/37495)**

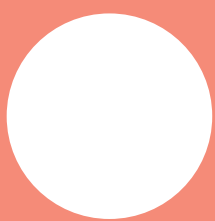
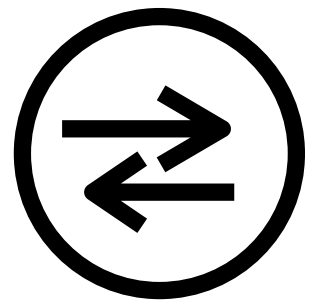
**For more information on heat illness
prevention plans, visit:
[https://www.osha.gov/sites/default/files/
2021-07/Model%20Heat%20Illness%20Pr
evention%20Plan.pdf](https://www.osha.gov/sites/default/files/2021-07/Model%20Heat%20Illness%20Prevention%20Plan.pdf)**

**For more information on the Heat Stress
App:
[https://synergist.aiha.org/20240607-heat-
stress-mobile-app](https://synergist.aiha.org/20240607-heat-stress-mobile-app)**

Heat Illness Prevention



Checklist for Workers:
Elimination / Substitution
Controls



Are labor-intensive activities saved for the coolest parts of the day?



Are you able to use machines to help with labor-intensive activities?



Are chemical vapor-barrier coveralls needed?

For more information, visit:

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

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Checklist for Workers: Engineering Controls



Is there machinery or power tools to help you with tasks such as heavy lifting?



Are there ways you can reduce source heat? For example, using reflective barriers or insulating heat sources.



Do you have access to cooling devices / portable fans in use at a lower speed?

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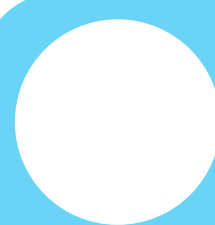
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Checklist for Workers: Administrative Controls



Does your work schedule include short and frequent breaks?



Are supervisors encouraging you to drink water?



Is there clean water available for you at no cost?



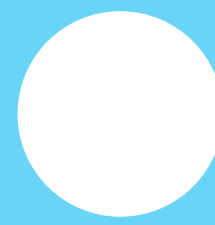
Is there an air conditioned or shaded place for breaks?



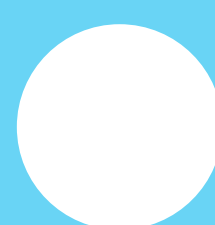
Have you been trained on the signs/ symptoms of heat-related illnesses?



Are there any extreme heat alerts or weather advisories to be aware of?



Do Supervisors discourage you from drinking caffeine/alcohol when working in the heat?



Are Supervisors aware of any medical conditions you have that may put you at risk in the heat?



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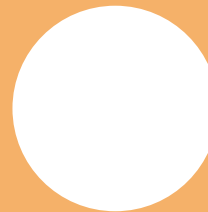
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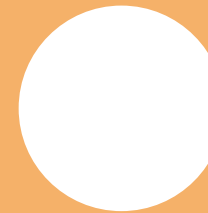
Checklist for Workers: PPE



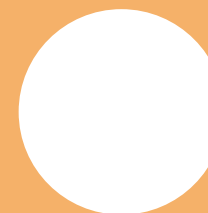
Are you wearing clothing that cools your body?



If it's lower than 95 degrees: are you wearing the least amount of layers (besides safety gear)?



If it's hotter than 95 degrees, are you wearing clothes that cover as much skin as possible?



Do you have reflective clothing on to help lower radiant (or source) heat?



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