

Heat Stress Prevention Checklist

This checklist is designed to help employers identify, prevent, and manage heat stress among employees to ensure their safety and well-being.

Before the Shift

- Ensure all employees have completed comprehensive heat stress training.
- Identify potential sources of heat exposure on the worksite.
- Identify and mark high-risk zones.
- Ensure someone is assigned to monitor weather conditions and adjust work schedules as needed.
- Ensure water stations are set up and stocked.
- Check the availability and condition of cooling stations and/or shaded areas.
- Ensure workers are properly dressed and equipped with the necessary cooling equipment.
- Ensure first aid kits are stocked and accessible.
- Encourage workers to acclimatize to hot environments gradually and to take regular water breaks.

During the Shift

- Have trained supervisors monitor workers and respond to heat stress symptoms.
- Encourage workers to report any heat stress symptoms immediately.
- Continuously monitor weather conditions and adjust work schedules as needed.
- Implement a buddy system to help monitor each other for heat stress symptoms.
- Encourage workers to drink water regularly, ideally every 15-20 minutes.
- Provide electrolyte-replenishing drinks to prevent dehydration.
- Schedule regular breaks in a cool or shaded area.
- Rotate worker's job functions to limit prolonged exposure to high temperatures.
- Ensure workers have access to cooling methods such as ice packs, cold towels, and/or fans.

After the Shift

- Document any incidents involving heat stress.
- Debrief with affected employees to understand and document any heat stress issues.
- Monitor the health and recovery of workers affected by heat stress.
- Collect feedback from employees about the effectiveness of current heat stress precautions.
- Update your heat stress prevention plan based on feedback and incident analysis.

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