

Employer Preparedness Checklist for Heat Safety

The **Heat Safety Checklist** is to help you prepare for summer heat for your family or employees. Working in the heat is risky and productivity suffers as well as fatigue sets in. In addition, recent research has shown that traumatic injuries occur as heat increases.

Heat illness is not simply as a biological or behavioral issue. Prevention plans make the difference and should be integrated within the worksite organization. It matters a great deal to workers that their employer and supervisors are looking out for their wellbeing and follow heat rules.



Management & Supplies

NEW APP – Heat Safety Tool – assesses risks using a heat index and see forecasts for your area, right when you need it!

DOWNLOAD at <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

- Plan for in periods of extreme heat, transition to hourly pay.** Asking piece rate workers to stop work to drink is rarely effective, since it interferes with their earning power.
- Plan for mandatory breaks, working around the heat of the day, or work in the shade.**
- Reduce distant between worksite and drinking water/restrooms)**
- Water jugs and bottles at worksite**
(To ensure the water source is not perceived as contaminated, do not place near restrooms)
- Install thermometers**

Emergency Plan

- Have a person on-site with first aid training**
- Verify your communications systems - at any location be able to contact 911 for emergency evacuation.**
- Have water and ice convenient to cool someone down rapidly**
- Buddy system to recognize symptoms and get help**
- Training**
- Before the season, conduct comprehensive safety training. Excellent resources (in multiple languages are listed below.**
- In periods of extreme heat, conduct additional safety meetings for refresher training.**
- Hydration is key – while working hard in the heat up to 1/2 liter every 1/2 hour (or 1 cup every 15 min)**
- Advise wearing light clothing**



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NIOSH recommends that employers have a plan in place to prevent heat-related illness. The plan should include hydration (drinking plenty of water), acclimatization (getting used to weather conditions), and schedules that alternate work with rest.

Preventing Heat-related Illness or Death of Outdoor Workers: <https://go.usa.gov/xXqBs>

Resources:

Under OSHA law, employers are responsible for providing workplaces free of known safety hazards. This includes protecting workers from extreme heat. In two States, California and Washington, there are heat exposure rules.

[OSHA's Campaign to Prevent Heat Illness in Outdoor Workers](https://www.osha.gov/SLTC/heatillness/index.html), OSHA
<https://www.osha.gov/SLTC/heatillness/index.html>

[Outdoor Heat Exposure Rule](http://deohs.washington.edu/pnash/sites/deohs.washington.edu.pnash/files/documents/Heat_Illness_L%26I_epxposure_rule.pdf), Washington Department of Labor & Industries
http://deohs.washington.edu/pnash/sites/deohs.washington.edu.pnash/files/documents/Heat_Illness_L%26I_epxposure_rule.pdf

[California Campaign to Protect Outdoor Workers from Heat Illness](http://www.99calor.org/english.html).
Cal/OSHA <http://www.99calor.org/english.html>

[Heat Stress](https://www.cdc.gov/niosh/topics/heatstress/), NIOSH/CDC
<https://www.cdc.gov/niosh/topics/heatstress/>

[Heat Illness Prevention: Training Materials](http://deohs.washington.edu/pnash/heat_illness), Pacific Northwest Agricultural Safety and Health Center
http://deohs.washington.edu/pnash/heat_illness

