Supervisors Heat Illness Checksheets

Temperature above 80°F

☐ Make drinking water readily available throughout the shift.
☐ Make shade from the sun readily available with access to natural breezes or cooling ventilation.
☐ Allow frequent rest breaks (minimum 5 minutes, more if requested).
☐ Encourage drinking water before and regularly during the day.
☐ Obtain temperature—humidity forecasts for the day.
☐ Schedule labor intensive work early in the day.
☐ Observe new workers for the first two weeks, those not accustomed to physical labor in the sun.
☐ Observe workers that use waterproof clothing such as Tyvek.
☐ Determine access to emergency services.

Temperature above 95°F

80°F conditions continue to apply, plus:
☐ Set up a means of checking on workers’ health status by direct observation or buddy system.
☐ Give pre-shift briefing to workers regarding symptoms of heat exhaustion and heat stroke.
☐ Ensure communication operable/reliable between supervisor and workers and first responders.
☐ Radios, cell phones sufficiently charged and operable as applicable.
☐ Encourage preventive cool-down rest breaks (minimum 5 minute, more if requested).
☐ Observe workers on break for signs of heat stress.
☐ Do not release from break if continuing to show signs of heat stress.
☐ No one works directly in the Sun alone (unobserved).

Provision for Emergency Services

On-campus First Responder is the University Police.
Student Health Center can make evaluations/treatment for heat exhaustion.
Off campus, use local 911 services for potentially severe heat illness.

If working in a remote site with no services (e.g., a desert field trip) plan access to emergency services.
Plan for how to direct emergency services to the site.

Notify RM/EHS or Workers Compensation Office within 24 hrs. of treatment for heat-related illness.