

# Supervisors Heat Illness Checksheet

## 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.