



DAILY HEAT ILLNESS PREVENTION CHECKLIST

Before beginning work, ask yourself whether your crew will be exposed to heat or hot weather. Are you working outside in the heat or direct sunlight? Are you working indoors in a hot environment or in a space with heat-generating machinery? If you and your crew might be at risk for heat-related illness or death, make sure you have a heat-illness prevention (HIP) program in place. A HIP program should include plans for training workers, monitoring heat conditions, ensuring controls and solutions are available when needed, acclimatizing workers, and more. The plan should be updated for each job site with clear guidance on when and how it will be implemented at the worksite for (new and experienced) workers. Use [CPWR's Heat Illness Prevention Program Checklist](#) before continuing to the checklist below if you do not have an established program in place.

Once you have a HIP plan set up, use the following checklist to identify daily risks and preventive and protective measures that will be implemented accordingly. If you have questions about the items on the checklist visit cpwr.com/heat for more information

Date: _____

Jobsite: _____

Heat Illness Prevention (HIP) Competent Person: _____

1. Are any of these risk factors for heat exposure present on your job site today? (check all that apply)

Outdoor work in warm/hot weather or direct sun

Radiant heat sources such as hot asphalt, power tools, machinery, furnaces, boilers, steam piping, or other radiant heat sources

Low wind speed and/or physical elements of the construction site that block wind

Work in confined spaces - for example, attics, crawl spaces, and/or the interior of tanks

Moderate to strenuous physical activity performed in warm/hot indoor or outdoor environments

Heavy or non-breathable work clothes and/or personal protective equipment worn in warm/hot indoor or outdoor environments

High relative humidity combined with a warm/hot indoor or outdoor environment (heat index)

Mobile worksites with the potential for variable levels of heat exposure

Workers that have not yet been trained on heat exposure and heat-related illness



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Unacclimatized workers who are new to the job site or geographic region, temporary or contract, pregnant, or returning from extended leave

Work in a remote area in which it will take significant time to access emergency services if needed

Employees working alone

Other: _____

IF YOU CHECKED ANY OF THESE ITEMS, CONTINUE ON TO DEVELOP A PLAN TO PROTECT WORKERS...

2. Which daily work practices will you implement to protect workers based on Section 1? Apply and layer the [hierarchy of controls](#) to ensure you are selecting interventions that best control heat exposures.

Engineering Controls

Ventilation is used, including air conditioners, cooling fans, air movers, or other engineering controls.

When worksites are mobile, modifications to worksites are made to implement engineering controls such as the use of mobile cooling fans.

Radiant heat sources are shielded. If radiant heat sources include operational steam pipes or other sources of extreme radiant heat, machines are turned off and cooled down prior to work as often as possible.

Restroom facilities are close to the jobsite.

Other: _____

Administrative Controls

Mandatory rest and hydration breaks are provided in the shade or air conditioning. If shade is not feasible on a project, an alternate measure at least as effective as shade should be provided, such as a cooled area or air-conditioned vehicle. Duration of rest breaks should be adjusted as conditions change and the risk of heat-related illness gets higher.

Fluids (e.g., cool, potable water, sports drinks) are readily available and are provided to workers for free, and supervisors ensure they are consistently hydrating.

Procedures are in place to determine throughout the workday if heat is hazardous to workers (e.g., monitoring temperature and/or heat index, monitoring heat advisories)

Schedule shorter shifts for newly hired workers and unacclimatized existing workers. Gradually increase shift length over the first few days, first week and second week.



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Recovery breaks are provided for any worker who feels unwell. During recovery breaks, workers must be monitored by a supervisor to ensure they remain in the shade, rehydrate sufficiently, and only return to work when signs or symptoms of heat illness have ended.

Work-rest cycles and spelling off practices are used as needed. Judgements are based on assessment of energy expenditure, environmental heat stress, and the types of clothing and personal protective equipment used.

A buddy system is in place so workers observe each other for signs of heat-related injury and illness.

If a worker must work alone, lone worker procedures such as frequent check-ins and a daily work plan are in place.

Other: _____

Personal Protective Equipment

Reflective and wicking clothing and personal cooling systems are provided, such as cooling vests, water-cooled garments, and wetted overgarments to provide evaporative cooling effects.

Cooling vortex tubes are offered as an element of supplied air respiratory systems.

Vented hard hats are provided as appropriate for site conditions and requirements.

Fire resistant clothing and other necessary personal protective equipment is provided when working near radiant sources of extreme heat such as boilers, furnaces, ovens, or steam piping.

Other: _____

3. Are you prepared for a heat-related medical emergency?

Instructions for what to do in case of a heat-related medical emergency are posted clearly and in the languages spoken by the workers. Include directions for how to reach the site that can be easily relayed to emergency services.

Materials are easily accessible on-site for rapid cooling while waiting for emergency services. In order of efficacy, materials may include ice or cold-water immersion, mists and fans for evaporation, and/or ice packs.

Other: _____



For more information visit cpwr.com/heat

