

Occupational Heat Stress Checklist

This checklist helps organizations assess and improve their occupational heat stress prevention efforts by evaluating management commitment, program elements, controls, training, and employee protection measures.

Evaluator: _____ Evaluation Date: _____
 Department: _____ Location: _____
 Job Description: _____

Heat Stress Safety Administration	Yes	No	N/A
Has management identified circumstances where workers could be exposed to extreme heat? These can range from daily to intermittent activities.			
Is the authority and responsibility for the occupational heat stress program clearly defined?			
Have there been any cases of heat-related illness, such as heat rashes, heat cramps, feeling lightheaded or dizzy, fainting, heat exhaustion, or heat stroke?			
Is there an employer protocol if an employee suffers a heat-related illness?			
Has a written program been established to reduce exposures to, or below, applicable recommended exposure limits by means of engineering or work practice controls?			
Does the formal heat stress written program include the following elements: Evaluation Countermeasures Training Medical Monitoring			

Comments:

Evaluation	Yes	No	N/A
Are environmental conditions (temperature, humidity, heat index, cloud cover) at the worksite monitored? If yes, how are they monitored and by whom?			
Does the company monitor the weather forecast or National Weather Service for information? If yes, by whom?			
Are regular assessments performed for environmental heat at worksites using Wet Bulb Globe Temperature (WBGT)?			
Are special measures, if any, taken on heat warning and heat advisory days? If yes, please describe.			
Has there been a heat warning or heat advisory day at your worksite? If yes, when?			

Comments:

Countermeasures	Yes	No	N/A
Is air-conditioning provided at the workplace, such as in work areas, break/rest areas, or vehicles?			
What mechanical ventilation is provided at the workplace, such as personal cooling fans, misting fans, wall or ceiling exhaust fans, or local exhaust ventilation at high heat production operations?			
Are any engineering controls implemented to shield employees from radiant heat sources, such as reducing or insulating hot surfaces, shielding, or installing cooling seats or benches for rest breaks?			

Are there initiatives to reduce worker activity levels, such as using mechanical equipment to reduce manual work?			
Are acclimatization techniques used for new employees or workers returning after a long absence?			
Are employees given breaks? If yes, consider the length, location, number of breaks per shift, and how the work/rest schedule is established.			
Are efforts made to ensure employees are allowed fluid breaks in frequent intervals throughout the workday?			
Are employees provided cool, potable water?			
Are employees allowed to wear shorts, light clothing, loose-fitting clothing, cotton clothing, and, if working outdoors, a hat to block the sun?			
Are employees provided PPE such as hats, cooling vests, cooling neck wraps, or heat-resistant clothing			
Comments:			

Training	Yes	No	N/A
Is there a formal training program in place? Does training program include: Overview of heat stress Identification of hazards Prevention measures Worksite specific heat regulations Symptom identification Response procedures			
Is employee training performed at least annually prior to the warm weather season?			
Comments:			

Medical Monitoring	Yes	No	N/A
Is there a medical surveillance program to identify workers at increased risk of heat-related illness due to personal factors (e.g., age, weight, medical conditions, medications, and lifestyle)?			
Are medical evaluations performed on an annual basis for all workers who may be exposed to heat stress above NIOSH's Recommended Alert Limits (RAL)?			
Is there a buddy system in place to ensure symptoms are being identified and responded to?			
Comments:			