

Heat stress prevention

Company name _____ Presenter _____
Location _____ Date _____

As we move into summer months, taking action to prevent heat related illnesses becomes a daily necessity. A heat illness prevention program (HIP) should be implemented. In addition to a HIP, the following items should be considered at the jobsite.

Risk factors that indicate a potential for heat illness

1. Outdoor work in warm/hot weather or direct sun.
2. Radiant heat sources such as hot asphalt, power tools, machinery, furnaces, boilers, steam piping or other radiant heat sources.
3. Low wind speed and/or structures blocking the wind.
4. Work in confined spaces - for example, attics, crawl spaces and/or the interior of tanks.
5. High relative humidity combined with a warm/hot indoor or outdoor environment (heat index).
6. Heavy or non-breathable work clothes and/or personal protective equipment worn in hot indoor or outdoor environments.
7. Unacclimated workers who are new to the job site or geographic region, also workers returning from extended leave.
8. Employees working alone.

If any of the above risk factors or other risk factors are identified, then consider implementing a combination of the following methods to reduce the potential for heat illness

1. Ventilation includes air conditioners, cooling fans, air movers or other engineering controls.
2. If radiant heat sources are identified, when possible, turn the machines off prior to work as often as possible.
3. Ensure restroom facilities are close to the jobsite.
4. Require rest and hydration breaks in the shade or air conditioning.
5. Make sure fluids are readily available and provided to workers.
6. Monitor heat hazards throughout the day, temperature and heat index and heat advisories.
7. Utilize a buddy system, so workers observe each other for signs of heat-related injury and illness.
8. If a worker must work alone, lone worker procedures such as frequent check-ins are a good practice.

Sign-in sheet (please print)

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