

Working in Heat and Humidity

(Source - OSHA's Heat Illness Prevention Training Guide)

Water

- ☐ Is there plenty of fresh, cool drinking water located as close as possible?
- ☐ Are water coolers refilled throughout the day?

Shade

- ☐ Is there shade available for breaks and if workers need to recover?

Training

Does everyone know the:

- ☐ Common signs and symptoms of heat illness?
- ☐ Proper precautions to prevent heat illness?
- ☐ Importance of acclimatization?
- ☐ Importance of drinking water frequently (even when they are not thirsty)?
- ☐ Steps to take if someone is having symptoms?

Emergencies

- ☐ Does everyone know who to notify if there is an emergency?
- ☐ Can workers explain their location if they need to call an ambulance?
- ☐ Does everyone know who will provide first aid?

Worker Reminders

- ☐ Drink water often.
- ☐ Rest in shade.
- ☐ Report heat symptoms early.
- ☐ Know what to do in an emergency.



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