

# EXTREME HEAT PREPAREDNESS CHECKLIST

As temperatures rise, the risk of heat-related illness and injury increases, putting worker safety and productivity at risk. Prolonged heat exposure without proper precautions can lead to serious health issues and workplace accidents. By taking the right steps before, during and after, you can prevent heat related illness while on the job.



## BEFORE



### Make a Plan to Stay Cool

- Plan at least a few hours a day to be spent in air conditioning
- Only relying on fans in extreme heat may not prevent heat stress
- Have plenty of lightweight clothing



### Gather Proper Safety Supplies

- Have a first aid kit with sunscreen and ice packs ready for the work day
- Keep heat relief PPE on hand and make sure water coolers are full with fresh water



### Learn Heat Emergency Skills

- Familiarize yourself with heat illness symptoms so you can spot them in the moment
- Knowing first aid and CPR can save lives while on the job

## DURING



### Stay Hydrated

- Drink cool water regularly, even if you are not thirsty
- Add in an electrolyte beverage when exerting a lot of energy



### Wear the Right Clothing and PPE

- When possible, wear loose-fitting, light-colored and breathable clothing
- Make use of proper PPE such as cooling towels, neck shades and bandanas
- Wide-brimmed hats and sunglasses provide additional protection



### Be on the Lookout for Heat Illness

- Remember to take proper precautions and speak up if you're not feeling well
- Check on your co-workers and act fast if you notice someone with symptoms
- Move to the shade, drink water, and call 911 if a heat stroke is suspected

## AFTER



### Eat a Healthy Diet

- Eating healthy will help your body recover from heat stress
- Avoid alcohol and caffeine immediately after working in the heat



### Get Enough Sleep

- Getting plenty of sleep will help the body recover
- Rest in a cool environment and avoid immediate, intense physical activity