

Recap

Project:		Supt:	
Date:		Foreman:	

Topic: Heat Illness Prevention

How did we do? Check your answers against these. Circle the items identified by your crew and review the ones they didn't.

Hazards	Precaution
Working in direct sun light.	When working in the direct sunlight – wear light-colored, loose fitting, lightweight clothing. Use PPE that helps keep your body cooler and try to schedule physically hard work in the shade / or cooler times of day when possible. Take frequent breaks. Modification of work schedules may need to take place to accommodate this plan. Use the OSHA Heat Safety tool to monitor the heat index (App for phone).
Acclimation Plan	Getting trade professionals acclimated to warmer weather conditions will help them build tolerances to heat stress. Gradually increase time spent in hot environments over a 7–14-day period. This will increase sweating efficiently and stabilization of circulation.
Dehydration	Dehydration is a common cause that leads to heat exhaustion that happens when you lose more fluid than you take in. It's recommended to drink 4 cups / 32 ounces of water every hour in hot conditions. Drink water even if not thirsty. Reduce caffeine drinks / and avoid drinking alcohol during the duration of warm weather.
Working Alone	Working alone in high temperature conditions should be limited / avoided. In the event this takes place have a monitoring system in place. Check in on each other using the buddy system, texting, check in on water consumption.
Lack of training	Provide training in a language / manner trade professionals understand including health effects of heat, symptoms of heat illness, and how to respond to the symptoms or an emergency.

Crew Member's Names

