HEAT STRESS TRAINING CHECKLIST

Training Topics Covered: Company Name: _____

- ☐ Explained what heat stress is & how it affects the body.
- ☐ Reviewed the signs and symptoms of heat stress, including heat rash, cramps, hot and dry skin, confusion, nausea, rapid or weak pulse, and unconsciousness.

Prevention Methods:

- ☐ Stay hydrated by drinking water every 15-20 minutes and limiting sugary or caffeinated drinks.
- ☐ Increase breaks in extreme heat by resting in cool, shaded areas
- ☐ Wear lightweight, loose, breathable, light-colored clothing.
- ☐ Stay cool using methods like fans, cooling vests, damp cloths, or misting stations.
- ☐ Build heat tolerance gradually over 1–2 weeks when starting or returning to work after time off.
- ☐ Monitor weather conditions and check the heat index daily, and adjust work schedules and workloads during peak heat hours.
- ☐ Follow a Work-Rest Cycle by alternating heavy and light tasks and avoiding strenuous work during the hottest parts of the day.
- ☐ Work in pairs or teams to monitor each other for signs of heat-related illness.
- ☐ Watch for signs such as dizziness, nausea, or confusion, and report them immediately.

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☐ Have an emergency plan. Ensure access to first aid and trained personnel, and know how to respond to heat exhaustion or heat stroke, including calling emergency services if needed.

Reporting and Emergency Response:

☐ Explained that employees must report symptoms of heat stress immediately

☐ Reviewed the steps to take when a coworker shows signs of heat-related illness.

☐ Confirmed that employees understand that heat stress is a medical emergency that requires immediate attention.

Employee Acknowledgement

Employee Name: _____Date: _____

Signature: _____

Supervisor Certification:

Supervisor Name: _____Date: _____

Signature: _____