

DAILY CHECKLIST

Water	Is there plenty of fresh, cool drinking water located as close as possible to the workers?	
	Are water coolers refilled throughout the day? (Has someone been designated to check and make sure water is not running low?)	
Shade	Is shade or air conditioning available for breaks and if workers need to recover?	
Training	Do workers know the:	
	Common signs and symptoms of heat-related illness?	
	Proper precautions to prevent heat-related 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?	
	Does everyone know who will provide first aid?	
	Can workers explain their location if they need to call an ambulance?	
	Are methods identified to rapidly cool the person while help is enroute?	
Knowledgeable Person	For high and very high/extreme heat index risk levels, is there a knowledgeable person at the worksite who is well-informed about heat-related illness and able to determine appropriate work/rest schedules and can conduct physiological monitoring as necessary?	
Physiological Monitoring	Are workers in the high or very high/extreme heat index risk levels being physiologically monitored as necessary?	
Worker Reminders	Drink water often	
	Rest in shade or in air-conditioned space or vehicle.	
	Report heat-related symptoms early.	