



Employer Checklist for Outdoor and Indoor Heat-Related Injury and Illness Prevention

19 Feb 2025 / Max Anselm

Complete

Score	0 / 0 (0%)	Flagged items	4	Actions	0
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Location:	Compton, CA, USA (33.8958492, -118.2200712)				
Conducted on:	19.02.2025 08:56 PST				
Prepared by:	Max Anselm				

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Heat-Related Injury and Illness Prevention / Section 1: Are any of these job-related risk factors for heat exposure present in your workplace?

Indoor work in warm/hot environments with heat sources such as ovens, fires, hot tar, and/or other radiant heat sources.

No

Heat-Related Injury and Illness Prevention / Section 1: Are any of these job-related risk factors for heat exposure present in your workplace?

Moderate to strenuous physical activity performed in warm/hot indoor or outdoor environments.

No

Heat-Related Injury and Illness Prevention / Section 1: Are any of these job-related risk factors for heat exposure present in your workplace?

Heavy or non-breathable work clothes and/or personal protective equipment worn in warm/hot indoor or outdoor environments.

No

Heat-Related Injury and Illness Prevention / Section 1: Are any of these job-related risk factors for heat exposure present in your workplace?

Other factors not listed above, such as lack of air movement or lack of air-conditioning, combined with a warm/hot indoor or outdoor environment.

No

Heat-Related Injury and Illness Prevention

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Review and answer the questions on the checklist to identify if your workplace has job-related risk factors for heat exposure.

Section 1: Are any of these job-related risk factors for heat exposure present in your workplace?

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Section 1 helps you identify job-related risk factors for heat exposure in your workplace:

1. For each question, mark the answer (Yes, No, N/A) that is most applicable to your workplace.
2. If you answer "Yes" to any of the questions, continue to section 2 of the checklist to assess your preparedness.

Outdoor work in warm/hot weather or direct sun.

Yes

While not long, temperatures are fluctuating and can reach high levels

Indoor work in warm/hot environments with heat sources such as ovens, fires, hot tar, and/or other radiant heat sources.

No

Moderate to strenuous physical activity performed in warm/hot indoor or outdoor environments.

No

Heavy or non-breathable work clothes and/or personal protective equipment worn in warm/hot indoor or outdoor environments.

No

High relative humidity combined with a warm/hot indoor or outdoor environment.

Yes

Other factors not listed above, such as lack of air movement or lack of air-conditioning, combined with a warm/hot indoor or outdoor environment.

No

Section 2: If you checked "Yes" for any of the above, use the following checklist to assess your preparedness:

Section 2 helps you assess your preparedness to prevent heat-related injuries and illnesses in your workplace:

3. For each question, mark the answer (Yes, No, N/A) that is most applicable to your workplace.
4. If you answer "No," to any of the questions, identify the specific actions you will take to show your commitment to reducing the risk of heat-related injuries and illnesses in your workplace.

A written plan is in place to prevent heat-related injury and illness.

Yes

<p>The plan contains procedures that should be used during heat events, such as when the National Weather Service issues a heat advisory or heat warning.</p>	<p>Yes</p>
<p>The plan requires the assessment of environmental heat at the worksite (e.g., continually monitoring temperature, heat index, or Wet Bulb Globe Temperature [WBGT]) and considers how physical activity and clothing/PPE affect heat stress of workers.</p>	<p>Yes</p>
<p>Procedures are in place to determine throughout the workday if heat is hazardous to workers.</p>	<p>Yes</p>
<p>A designated, trained individual at the worksite is responsible for assessing and monitoring conditions (e.g., temperature and humidity) and workers for symptoms of heat-related injury and illness (see OSHA: Signs and Symptoms of Heat Illness), implementing the heat plan when necessary, and notifying workers when the heat plan is in effect.</p>	<p>Yes</p>
<p>OSHA: Signs and Symptoms of Heat Illness: https://www.osha.gov/heat-exposure/illness-first-aid</p>	
<p>An acclimatization plan is in place to modify work duties for and to closely supervise (1) new workers, (2) temporary or contract workers, and (3) workers returning from extended leave to ensure they gradually build tolerance to heat. The plan should also require supervisors to monitor these workers for symptoms of heat-related injury and illness.</p>	<p>Yes</p>
<p>Engineering controls (e.g., shade structures with cool air temperatures, reflective barriers, ventilation) are used to reduce heat stress.</p>	<p>Yes</p>
<p>Fluids (e.g., cool, potable water, sports drinks) are readily available and are provided to workers, and supervisors ensure they are hydrating.</p>	<p>Yes</p>
<p>Rest breaks are provided and their length and frequency are adjusted, as needed. Supervisors ensure breaks are taken.</p>	<p>Yes</p>
<p>Shade or a cooled area for rest and hydration breaks is provided.</p>	<p>Yes</p>
<p>A buddy system is in place so workers observe each other for signs of heat-related injury and illness.</p>	<p>Yes</p>
<p>Supervisors and workers have a way to contact emergency services. Instructions for what to do in case of a heat-related medical emergency are posted at the worksite.</p>	<p>Yes</p>

Supervisors and workers are provided with proper training in a language they understand on the following topics:

• Identifying and controlling heat hazards and understanding environmental risk factors.	Yes
• Recognizing the signs and symptoms of heat-related injuries and illnesses.	Yes
• Understanding that there are individual factors that may impact workers' risk for developing heat illness.	Yes
• Administering first aid and CPR for heat-related illness.	Yes
• Activating emergency medical services quickly when needed.	Yes
Workers know how to and are expected to report to the employer any symptoms of heat-related injuries or illnesses that develop while working.	Yes

Sign Off

Signature:

A handwritten signature in black ink that reads "Max Anselm". The script is cursive and fluid.

Max Anselm
19.02.2025 09:09 PST
