



# Extreme Heat Preparedness Plan Checklist

3 Mar 2025 / Dagmar Reichel

Complete

<b>Score</b>	18 / 20 (90%)	<b>Flagged items</b>	2	<b>Actions</b>	0
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**Prepared by**

Dagmar Reichel

**Location**

Loftus Rd, Yennora NSW 2161,  
Australia  
(-33.8606881, 150.9684005)

**Conducted on**

03.03.2025 12:30 PST

## Flagged items

2 flagged

What To Do Before Extreme Heat

**Is everyone aware of how to read the heat index?**

No

What To Do Before Extreme Heat

**Are there fans and air conditioners working properly?**

No

The air condition at the ground floor is not working.

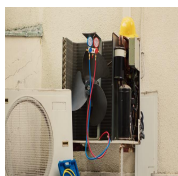


Photo 1

## What To Do Before Extreme Heat

2 flagged, 9 / 11 (81.82%)

Is everyone aware of how to read the heat index?

No

Kindly read The National Weather Service's guide: [https://www.weather.gov/arx/heat\\_index](https://www.weather.gov/arx/heat_index)

Yes

Is there a plan in case of emergency?

Yes

Are there air conditioned spaces in your location?

Yes

Are there fans and air conditioners working properly?

No

The air condition at the ground floor is not working.

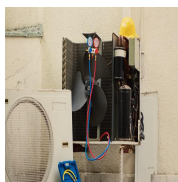


Photo 1

Are there plenty of water and food?

Yes

Are there individuals most in need of assistance (elderly, people with disabilities)

Yes

Check for medications and emergency contacts

Yes

Are there blinds, curtains, or insulation in the workplace?

Yes

The blinds at room 1409 are dilapidated

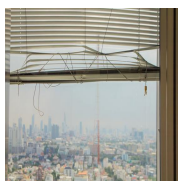


Photo 2

Are there extra ice or cool packs ready?

Yes

Are there battery-powered fans, flashlights, and backup power sources readily available?

Yes

What To Do During Extreme Heat	6 / 6 (100%)
Is everyone staying hydrated?	Yes
Is everyone wearing lightweight and light-colored clothing?	Yes
Is everyone avoiding strenuous activities during peak heat hours (10AM to 4PM)?	Yes
Is everyone in a shaded or air-conditioned area?	Yes
Has everyone who needs the most assistance been checked on?	Yes
Is everyone avoiding the use of heat-producing appliances (mini stove, poorly ventilated computers)?	Yes

## Understanding Heat-related Illnesses

Learn more about Heat Stress from the Occupational Health Clinics for Ontario Workers Inc. (OHCOW)

[heat-stress-symptoms.pdf](#)

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## What To Do After Extreme Heat

3 / 3 (100%)

**Is everyone staying hydrated?**

Yes

**Is everyone checking up on each other?**

Yes

**Is there any damage on equipment?**

Yes

one of the power drills started smoking from the inside.

## Sign-off

### Comments or feedback

attached are my comments.

[Feedback for Extreme Heat Preparedness Plan.pdf](#)

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### Name of Reviewer



Raegan Kivalis  
06.03.2025 15:31 PST

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### Designation of Reviewer

Operations Director

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## Media summary



Photo 1

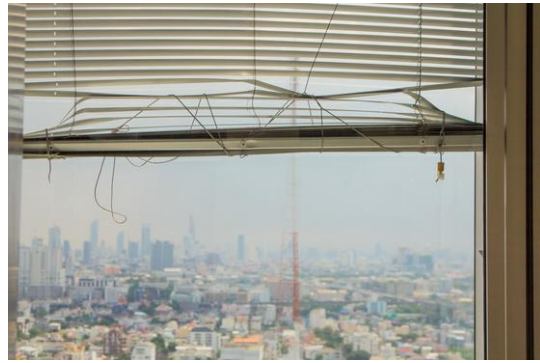


Photo 2

## File summary

[Feedback for Extreme Heat Preparedness Plan.pdf](#)