

The symptoms of heat-related illness include but are not limited to muscle cramps, fever, headache, nausea, lightheadedness, and fatigue. Keeping workers safe should always be your #1 priority. Employers and/or workers can use this form to complete safety checks on the farm.

Potential Hazard	Yes	Needs Correction	Date Corrected or Notes
Do workers who have preexisting conditions, are older than 65, are pregnant, or who had COVID-19 given more breaks in the shade and with food and cool fluids available?			
Are hot, physically-demanding jobs scheduled early in the day with more people scheduled to do these jobs, to reduce the load on each person?			
Have all workers been trained to prevent, recognize and treat heat-related illness in themselves and others?			
Does each worker have their own water bottle? Is it washed daily?			
Do workers begin each shift by drinking plenty of fluids, including electrolyte-containing sports drinks?			
Are workers given more breaks to rest and hydrate as the temperature rises?			
Do workers end each shift resting and drinking plenty of cold fluids to ensure their bodies cool down? Heat stress can become magnified over consecutive days.			
Does each worker know (1) how and (2) which medical provider to call in case of an emergency? Does the provider speak the workers' language(s)?			
Are workers being acclimatized? In other words, are workers gradually increasing their exposure time in hot environmental conditions over a 7-14 day period?			

Name of person completing safety check: _____ Date completed: _____