



# HEAT SAFETY KNOWLEDGE CHECKLIST

Use this template to educate your workers on heat safety practices

## How to prevent heat illness:

- Drink plenty of water- 2 Water bottles every hour
- Wear light-colored, light-weight/loose-fitting clothing - include bandana & UV- absorbant sunglasses
- Take frequent breaks- break in cool shade to allow the body to recover

## Symptoms of heat illness:

- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> Fatigue   | <input type="checkbox"/> Fast heart rate (over 100 beats per minute) |
| <input type="checkbox"/> Cramps    | <input type="checkbox"/> Nausea or vomiting                          |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> High body temperature                       |
| <input type="checkbox"/> Headache  | <input type="checkbox"/> Heavy sweating or dry skin                  |
| <input type="checkbox"/> Shaking   | <input type="checkbox"/> Confusion                                   |
|                                    | <input type="checkbox"/> Fainting                                    |

## What to do if a worker experiences symptoms:

- Move the person under the shade.
- Ask them to loosen their clothes/remove extra layers.
- Help them lower their temperature: Fan the person, Put a wet cloth to the forehead, groin, & armpits.
- If the person is not vomiting give them water, a little at a time.
- Never leave the person alone.