



# Beat the Heat on the Job

According to OSHA, employers are responsible for providing workplaces free of known safety and health hazards, including heat-related hazards.<sup>1</sup> Use this checklist to make sure you are aware of what your employer's policies are for preventing heat illness.

## Are You Protected?

- ☐ Does your company have a Heat Illness Prevention Plan (HIPP)? Who is in charge of implementing it on your job?
- ☐ Did your supervisor discuss heat-related hazards with you during a pre-job risk assessment or job hazard analysis?
- ☐ Do you know where to access clean, cooled drinking water on this job?
- ☐ Is there a common area with cooling measures where you can go if the heat is too high?
- ☐ Are fans available for use on the jobsite?
- ☐ Did your employer take steps to ensure you were able to gradually get used to (acclimatize) to the heat exposures on your job? [\*Research shows that workers are more likely to die from heat-related illness in the first weeks on the job!\*](#)
- ☐ Was a work-rest schedule discussed with you regarding heat hazards?
  - ☐ Are you provided with enough breaks to recover from working in the heat?
  - ☐ Are strenuous tasks planned for cooler parts of the day?
  - ☐ Are workers rotated to reduce prolonged exposure to heat?
- ☐ Has your employer discussed how they monitor heat levels in your working environment?
- ☐ Have you been assigned a work-buddy to help each other monitor signs of heat illness?
- ☐ Have you provided input into your employer's plan or do you feel like you can offer suggestions?



## Take Action!



**Know the signs and symptoms** of heat stress and heat stroke and know what to do in case of a heat-related illness, in yourself or in your coworkers. Click here or scan the QR code to the left for more: [Heat-related Illnesses | Heat | CDC](#)



**Protect yourself from sun exposure.** Click here or scan the QR code to the left for additional measures you can take: [HA-Skin Cancer.pdf](#)

**Speak up!** Be proactive and talk to your supervisor about a company Heat Illness Prevention Plan



**Talk to your health care provider** about any personal risks that might increase your chances of heat-related illness.

If you left boxes unchecked or want to learn more, visit CPWR's Heat Hazards webpage at [www.cpwr.com/heat](http://www.cpwr.com/heat). Don't forget to talk to your union safety steward about a HIPP for your jobsite!

<sup>1</sup> <https://www.osha.gov/heat/employer-responsibility>