



Heat-related illnesses such as heat stress, heat exhaustion, and heat stroke are a very real threat for workers during the summer months.

Extreme heat can pose trouble for employers. While there's no federal law specifically about heat illness, the Occupational Safety and Health Act of 1970 requires every employer to provide "a place of employment ... free from recognized hazards that are causing or are likely to cause death or serious physical harm to employees." This is known as the <u>General Duty Clause</u>, and it obligates you to protect your employee from pretty much any danger, whether it's the coronavirus, summer heat, or monsters.

On top of that, 28 states have plans (such as CalOSHA) that meet or exceed OSHA's hazard mitigation requirements. Some states have specific regulations regarding working in the heat.

Here's a helpful checklist with some practical ways to plan for and prevent heat-related illnesses.



Familiarize yourself with the National Weather Service Heat Index

The NWS Heat Index is a valuable measurement tool for heat-related workforce risk. The scale ranges from 80° F and 40% humidity (defined as the low end of "Caution") to 110°F and 100% humidity (far into "Extreme Danger" territory).

Caution 80°F - 90°F

Fatigue possible with prolonged exposure and/or physical activity

Extreme Caution 90°F - 103°F

Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity

Danger 103°F - 124°F

Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity

Extreme Danger 125°F+

Heat stroke highly likely

Temperature (F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122	124	126	128	130
5	77	79	80	81	83	84	86	87	89	91	93	94	96	98	100	101	104	105	107	108	110	111	113	114	116	117
10	78	79	81	82	84	85	87	89	90	92	94	96	98	100	102	104	107	109	111	113	116	118	120	123	125	128
15	78	80	81	83	84	86	88	90	92	94	96	98	100	103	105	108	111	113	116	119	122	125	129	132	135	
20	79	80	81	83	85	86	88	90	93	95	97	100	103	106	109	112	115	119	122	126	130	134				
25	79	80	82	83	85	87	89	91	94	97	100	103	106	109	113	117	121	125	129	134						
30	79	80	82	84	86	88	90	93	96	99	102	106	110	114	118	122	127	132	137							
35	80	81	83	85	87	89	92	95	98	102	106	110	114	119	123	129	134									
40	80	81	83	85	88	91	94	97	101	105	109	114	19	124	130	136										
45	80	82	84	87	89	92	96	100	104	109	114	119	124	130	137											
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137												
55	81	84	86	89	93	97	101	106	112	117	124	130	137													
60	82	84	88	91	95	100	105	110	116	123	129	137														
65	82	85	89	93	98	103	108	114	121	128	136															
70	83	86	90	95	100	106	112	119	126	134																
75	84	88	92	97	103	109	116	124	132																	
80	84	89	94	100	106	113	121	129																		
85	85	90	96	102	110	117	126	135																		
90	86	92	98	105	113	122	131																			
95	88	94	101	109	117	127	137																			
100	89	96	104	112	121	132																				

Source: National Weather Service: https://www.weather.gov/ama/heatindex

Relative Humidity (%)

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Water	Yes	No	N/A
Is there plenty of fresh, cool drinking water located as close as possible to the workers?			
Has someone been designated to check and make sure water is not running low?			
Are water coolers refilled throughout the day			

Shade	Yes	No	N/A
Is shade or air conditioning available for breaks and if workers need to recover?			

Emergencies	Yes	No	N/A
Does everyone know who to notify if there is an emergency?			
Does everyone know who will provide first aid?			
Can workers explain their location if they need to call an ambulance?			





Worker Training/Heat Awareness	Yes	No	N/A
Is your team aware of the common signs and symptoms of heat-related illness?			
Do your employees understand the importance of acclimatization?			
Can your team perform the proper precautions to prevent heat-related illness?			
Does your team understand the importance of drinking water frequently (even when they are not thirsty)?			
Is your team equipped to perform the proper steps if someone is having symptoms?			

Reminders	Yes	No	N/A
Remind your workers to drink water often.			
Encourage teams to report heat-related symptoms early.			
Remind teams to take time to rest in shade.			
Ask workers to help monitor one another.			









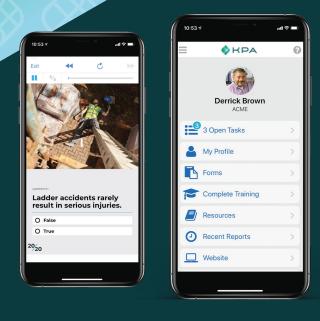
The more "no" boxes you checked, the higher a chance for heat illness problems within your workforce. Remember, OSHA pays close attention to heat illness, especially when a case results in hospitalization.

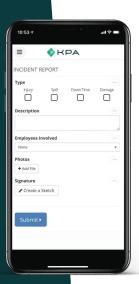
This checklist is a sample of the forms available in KPA EHS for you to use and customize to fit your policies and procedures. Imagine having this checklist with you in the palm of your hand, with automatic alerts and follow-ups generated with each inspection.

KPA's technology, training, and consulting solutions are here to help you develop an efficient heat illness program that's engaging and easy for your employees to follow.

We can show you how.

SEE HOW IT WORKS





For more information visit **www.kpa.io** or call **866.356.1735.**

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