

**Ensure  
Workers are  
Protected From  
Heat Stress**

# Employer's Daily Checklist



<b>Water</b>	Is there fresh, cool drinking water located near workers?	<input type="checkbox"/>
	Are coolers refilled throughout the day?	<input type="checkbox"/>
<b>Shade</b>	Is shade available if workers need breaks or need to recover?	<input type="checkbox"/>
<b>Training</b>	<b>Do workers know:</b>	
	Common signs and symptoms of heat illness?	<input type="checkbox"/>
	Proper precautions to prevent heat illness?	<input type="checkbox"/>
	The importance of acclimatization?	<input type="checkbox"/>
	The importance of drinking water frequently (even when they are not thirsty)?	<input type="checkbox"/>
	Steps to take when someone is showing symptoms of heat illness?	<input type="checkbox"/>
<b>Emergencies</b>	Does everyone know who to notify in case of an emergency?	<input type="checkbox"/>
	Can workers explain their location if an ambulance is called?	<input type="checkbox"/>
	Does everyone know how to provide first aid?	<input type="checkbox"/>
<b>Work Reminders</b>	Drink water often.	<input type="checkbox"/>
	Rest in the shade.	<input type="checkbox"/>
	Report heat symptoms early.	<input type="checkbox"/>
	Know what to do in an emergency.	<input type="checkbox"/>