

# Heat stress management program assessment

## Risk Control services from Liberty Mutual Insurance

This checklist will help you assess areas of risk and existing controls to build an effective heat stress management program.

The program elements in this checklist have been identified as best practices commonly found in effective heat stress management programs.

Evaluate each element and answer Yes or No.

After the review, assess the No items with your safety management team to identify improvement opportunities.

This site has a written heat stress management program.

Yes  No

**Administrator, if yes:**

\_\_\_\_\_

*Name*

*Title*

Newly hired employees receive heat stress awareness training as part of their workplace orientation.

Yes  No

Heat stress awareness training is repeated annually.

Yes  No

**Training covers the following points:**

Review of signs and symptoms of heat-related disorders, including potential mental impairment and disorientation.

*(An impaired employee can endanger themselves or others if operating power tools or mobile equipment.)*

Yes  No

Importance of maintaining proper hydration

*(i.e., cup of cool water every 15 – 20 minutes).*

Yes  No

How substances such as soda, caffeine, alcohol, or diuretics can reduce fluids in the body.

Yes  No

Importance of acclimatization, especially for new workers and workers returning from long layoffs.

*(Acclimatization is a gradual physiological exposure that improves an individual's ability to tolerate heat stress. Slowly increase intensity and duration of employees' exposure to hot environments.)*

Yes  No

Importance of promptly reporting symptoms.

*(Heat stroke is a medical emergency.)*

Yes  No

Employees have access to an air conditioned or temperature-controlled rest area.

Yes  No

The rest area has a source of cold water

*(i.e., ice machine, refrigerator, water cooler).*

Yes  No

The site has no high heat generating processes or warm storage areas.

Yes  No

Employees have alternative means to remove product from truck trailers, eliminating the need to enter themselves.

Yes  No

The workspace is cooled with evaporative coolers, air conditioners, or large area cooling fans.

Yes  No

Portable air conditioners or fans are available for spot cooling.

Yes  No

A local supervisor monitors weather reports, advisories, and Heat Index (which accounts for both air temperature and humidity) to prepare the site for potential heat waves.

Yes  No

If employees wear impermeable suits or coveralls (i.e., Tyvek) that restrict air or water vapor movement, they are allowed frequent breaks to cool down as needed.

Yes  No

If the employees perform tasks outdoors, shading or canopies are available.

Yes  No

Power tools or mechanical aids are available to help decrease manual labor demands or reduce the physical workload.

Yes  No

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If practical, labor intensive tasks are performed during the cooler part of the day.

Yes  No

Rest break frequency and duration is adjusted to match environmental conditions.

Yes  No

For labor intensive tasks, medical history and physical condition of employees is considered.

Yes  No

A buddy system is used for labor intensive tasks to enable coworkers to recognize potential heat stress symptoms and administer appropriate first aid.

Yes  No

Electrolyte drinks, powder drink mixes, or ice pops are provided to employees during heat waves.

Yes  No

**Comments**



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