

CHECKLIST FOR A MODEL HEAT ILLNESS PREVENTION RULE

Who is protected?

- ☐ Includes all indoor and outdoor workers who are exposed to heat.
- ☐ No exemptions for sedentary workers, contractors, consultants, etc.
- ☐ Includes emergency responders when they're not in the middle of a fire or other emergency.

What are the triggers for protection?

- ☐ Identified science-based protective heat and high heat thresholds that utilize wet bulb globe temperature (WBGT).
 - Factor in heavy exertion and type of clothing/personal protective equipment (PPE) required.
 - Factor in air quality monitoring since air pollution makes heat stress worse.

What should be included in a heat stress prevention plan and who should do the planning?

- ☐ Non-managerial employees and their representatives are actively involved and provide input for all stages of heat stress planning and response. Problems with the plan and complaints about heat stress should be shared with these employees and their representatives.
- ☐ Written Heat Injury and Illness Prevention Plan (HIIPP) reviewed and updated annually or whenever a heat-related injury or illness occurs that results in death, days away from work, medical treatment beyond first aid, or loss of consciousness.
- ☐ Ventilation and other engineering controls implemented first, administrative controls utilized next, PPE provided if the aforementioned controls are insufficient for cooling work areas.
- ☐ Detailed emergency response procedures that follow a "cool first, transport second" approach.
- ☐ Identify all tasks and workers vulnerable to heat stress with a Heat Stress Task Hazard Analysis.
- ☐ High Heat Planning and Training.
 - On site environmental monitoring including job sites with mechanical cooling or ventilation.
 - Assessment should be done daily if temperatures are anticipated to be above trigger levels.
 - Assessment should be performed by a trained person. On a construction site this should be done by a trained person working for each contractor.

- ☐ Training of all workers (rather than just those who are more likely to experience high heat).
 - Include definitions of heat exhaustion and heat stroke.
 - ☐ List symptom recognition and response for each.
 - Include training on unique heat risks during pregnancy.
- ☐ Make training available in all primary languages of employees and ensure comprehension by giving time for questions and answers.
- ☐ Trained heat safety coordinators present on all shifts.
- ☐ Paid cool down breaks in close proximity to the work area and that are structured to not impact pay or piece rate.
- ☐ Prevention against retaliation including for reporting a hazard.
- ☐ Acclimatization protocols for new or returning workers.

High Heat Accommodations:

- Heat Risk Assessment to determine the need for accommodations.
- Cool, free, potable and accessible water and electrolyte drinks provided by employer.
- Accessible, cool shade—less than 82 degrees Fahrenheit WBGT—nearby large enough to protect all workers provided by the employer.
- Buddy system or another functioning communications system so help is always accessible to every worker.
- Postponement of non-essential tasks.
 - » Scheduling for cooler times. Work should be scheduled for the coolest time of day and stopped at the hottest.
- Any personal protective equipment needed such as hats, long sleeves, cooling vests etc. provided by the employer at no cost.

