

# SAMPLE DOCUMENT

## Heat Awareness and Tracking Plan

Location: \_\_\_\_\_ Date: \_\_\_\_\_

Crew Members: \_\_\_\_\_

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

Heat Index > 115 Degrees = Danger Zone!		
Crew Time Keeper		
Projected Heat Index		
Break Time Required		
Water Intake Required		
Sufficient Intake Required		
Sufficient water on-site	YES	NO
Crew reviewed signs of heat-related illness	YES	NO

Source: OSHA Occupational Heat Exposure

Note: Consider replacing one (1) cup of water with one (1) cup of electrolyte drink.

If anyone begins showing signs of heat-related illness

**DO NOT HESITATE: CALL 911 IMMEDIATELY**

**Heat Exhaustion**

- Cool, moist skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Dizziness
- Lightheadedness
- Weakness
- Thirst
- Irritability
- Fast heart rate

**Heat Stroke**

- Confusion
- Fainting
- Seizures
- Excessive sweating or red, hot dry skin
- Very high body temperature

**Heat Cramps**

- Painful, involuntary
- Pain usually in abdomen, arms, or legs

**Heat Rash**

- Clear or red bumps
- Itching

**Next Steps**

- Get the employee to a cool shady place out of the heat
- Spray with water or place ice packs around the neck, underarms, and on the abdomen
- Give water if conscious and only in small amounts
- Monitor breathing and perform CPR if necessary