Heat Awareness and Tracking Plan

Location: ____________________________ Date: ____________________________
Crew Members: ____________________________________________________________________________________________

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

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

Sample Document