



## SELF ASSESSMENT CHECKLIST: HEAT STRESS AT WORKPLACE

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PREVENTIVE MEASURES	YES	NO/NA	REMARKS
<b>RISK ASSESSMENT</b>			
Does your Risk Assessment cover work in a hot environment?			
Has an evaluation of the potential for heat injury been carried out based on a suitable heat stress index?			
Have all the heat sources e.g. hot machines, equipment, pipes, in the work area been identified?			
<b>FITNESS TO WORK</b>			
Have all workers passed their pre-employment medical screening and examination?			
Are supervisors/ line managers proactively checking for workers who are feeling unwell prior to starting work?			
Have workers, who have been ill, been certified by a doctor to be fit to return to work?			
<b>HEAT ACCLIMATISATION</b>			
Are new workers acclimatised to work in a hot environment?			
Are workers returning from prolonged leave, prolonged illness or returning from a colder climate, reacclimatised to work in a hot environment?			
<b>WORKER CLOTHING</b>			
Are workers wearing loose-fitting and light-coloured clothing?			
<b>WORK SCHEDULING</b>			
Is heavy physical work or work under direct sun scheduled for the cooler parts of the day?			
Is there a work rotation for workers exposed to hot working conditions?			
Are workers allowed to take additional rest breaks in very hot weather or after carrying out heavy physical work?			

PREVENTIVE MEASURES	YES	NO/NA	REMARKS
<b>ADEQUATE WATER INTAKE</b>			
Do workers have ready access to cool drinking water?			
Have the workers been advised to stay hydrated throughout the day?			
<b>REST AREA</b>			
Is there a cool or shaded area where workers can rest?			
<b>USE OF MECHANICAL AIDS</b>			
Are mechanical aids e.g. lifting equipment and power tools used to reduce the worker's physical workload?			
<b>WORKPLACE VENTILATION</b>			
Is there adequate ventilation (natural or mechanical) in the work area?			
<b>INSULATION/SHIELDING OF HEAT SOURCES</b>			
Are hot machines, equipment and pipes insulated and/or shielded to minimise heat transfer to the work environment?			
<b>WORKER AWARENESS</b>			
Have the workers been advised to report to their supervisor and/or see a medical doctor if they are feeling unwell?			
Are the workers aware of the heat injury preventive measures they can take before starting work?			
Are WSH officers, supervisors, workers and appointed first-aiders able to identify the signs and symptoms of heat injury?			
Are emergency procedures established, emergency supplies available, and workers trained to render immediate on-site assistance?			