Heat Stress Hazard Assessment Checklist



Are your workers exposed to heat stress hazards’

The first step in controlling heat stress hazards is to have a competent person do a hazard assessment to determine whether workers are exposed to thermal conditions that could cause core body temperature to rise above 36øC/96.8øF based on how the air actually *feels* on the body, including:

- **Temperature:** If temperatures rises above 29.44øC/85øF, you have a potential problem;
- **Humidity:** Humidity can come from not only humid outdoor air but also steam generated by indoor equipment. If relative humidity exceeds 85%, you have a problem;
- **Heat radiation:** Sources of heat radiation that increase risk of heat stress include direct sunlight, fire welding and hot surfaces;
- **Air movement:** Stagnant air tends to be hotter; but circulating air that’s already hot, such as air near steam pipes, can also heighten heat stress risks;
- **Workload:** The more strenuous the work, the greater the danger of heat stress;
- **Workers’ Physical Condition:** Consider the age, weight, fitness and acclimatization, i.e., whether workers are used to working in hot conditions; and
- **Clothing:** Thick clothing and heavy equipment like respirators and face hoods aggravate heat stress risks; lighter clothing of natural fibers alleviate them.

Here’s a Model you can adapt for your own use.