



# FARM SAFETY CHECK

COVID-19 FRIENDLY  
SPANISH RESOURCES

## HEAT RELATED ILLNESS SAFETY CHECKLIST

The symptoms for heat-related illness often look very similar to other illnesses such as COVID-19. These symptoms include but are not limited to fever, headache, nausea, and fatigue. Keeping workers safe should always be your #1 priority. During COVID-19, it's especially important that workers do not get a heat-related illness, since this can make it harder to know whether someone has COVID-19.

Employers and/or workers can use this form to complete safety checks on the farm. Use the form below to list additional safety checks you think are important when inspecting your farm. Keep the completed forms for follow-up, future reference and inspections. Additional copies of this form can be downloaded at: <http://umash.umn.edu/umash-farm-safety-check/>

Potential Hazard	Yes	Needs Correction	Date Corrected or Notes
Do workers who have preexisting conditions, are older than 65, are pregnant, or who had COVID-19 given more breaks in the shade and with food and cool fluids available?	<input type="checkbox"/>	<input type="checkbox"/>	
Are hot, physically-demanding jobs scheduled early in the day with more people scheduled to do these jobs, to reduce the load on each person?	<input type="checkbox"/>	<input type="checkbox"/>	
Have all workers been trained to prevent, recognize and treat heat-related illness in themselves and others?	<input type="checkbox"/>	<input type="checkbox"/>	
Does each worker have their own water bottle? Is it washed daily?	<input type="checkbox"/>	<input type="checkbox"/>	
Is the location where workers get water <a href="#">disinfected</a> and <a href="#">cleaned</a> after each use?	<input type="checkbox"/>	<input type="checkbox"/>	
Do workers begin each shift by drinking plenty of fluids, including electrolyte-containing sports drinks?	<input type="checkbox"/>	<input type="checkbox"/>	
Are workers given more breaks to rest and hydrate as the temperature rises?	<input type="checkbox"/>	<input type="checkbox"/>	
Do workers end each shift resting and drinking plenty of cold fluids to ensure their bodies cool down? Heat stress can become magnified over consecutive days.	<input type="checkbox"/>	<input type="checkbox"/>	
Does each worker know (1) how and (2) which medical provider to call in case of an emergency? Does the provider speak the workers' language(s)?	<input type="checkbox"/>	<input type="checkbox"/>	
Are workers being acclimatized? In other words, are workers gradually increasing their exposure time in hot environmental conditions over a 7-14 day period?	<input type="checkbox"/>	<input type="checkbox"/>	

Name of person completing safety check: \_\_\_\_\_ Date completed: \_\_\_\_/\_\_\_\_/\_\_\_\_

**SEE THE NEXT PAGE FOR ADDITIONAL RESOURCES**



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## HEAT RELATED ILLNESS

Additional Hazards	Yes	Needs Correction	Date Corrected or Notes
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

## ADDITIONAL RESOURCES

### Heat Illness Training Videos

U.S. Agricultural Safety and Health Centers  
[English](#) | [Spanish](#)

### Heat Stress and PPE

Global Heat Health Information Network  
<http://www.ghhin.org/heat-and-covid-19/PPE>

### Heat Stress Prevention

Association of Farmworker Opportunity Programs  
<https://afop.org/health-safety/heat-stress-prevention/#toggle-id-2>

### OSHA-NIOSH Heat Safety Tool App

The National Institute for Occupational Safety and Health (NIOSH)  
<https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

### Heat Related Illness Video

Ag Health and Safety Alliance & Southwest Ag Center  
[English](#) | [Spanish](#)

### Heat Illness Prevention: Training Materials for Educators (English and Spanish)

Pacific Northwest Agricultural Safety and Health Center (PNASH)  
[http://deohs.washington.edu/pnash/heat\\_illness](http://deohs.washington.edu/pnash/heat_illness)

*The facts and information provided are suggestions for your safety, but are in no way a comprehensive and exhaustive list of all actions needed to ensure your safety, and are not an endorsement of any products mentioned.*

For additional Farm Safety Check topics and resources, visit: <http://umash.umn.edu/umash-farm-safety-check/>

To receive Farm Safety Check topics via email, join the UMASH email list at <http://umash.umn.edu/join-our-email-list>

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 umash.umn.edu

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