



FARM SAFETY CHECK



HEAT RELATED ILLNESS SAFETY CHECKLIST

High temperatures are a health and safety concern for those working outside, especially in agriculture. Symptoms of heat stress, like fever, headache, nausea, and fatigue, can be difficult to recognize and can quickly worsen, causing illness, injuries, or even death. While heat stress is something to take seriously, it is preventable! Use this checklist to protect yourself and anyone working on the farm in hot weather.

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
Are special considerations given to workers at higher risk of heat illness, like those who have preexisting conditions, are over 65, or are pregnant? This might involve providing frequent breaks in shaded or cool areas and making food and cold beverages readily 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 workload 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 a water bottle? Is it washed daily?	<input type="checkbox"/>	<input type="checkbox"/>	
Is the location where workers get water <u>disinfected</u> and <u>cleaned</u> after each use?	<input type="checkbox"/>	<input type="checkbox"/>	
Do workers begin each shift by drinking plenty of fluids, including water and 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 make sure their bodies cool down? Heat stress can become worse over consecutive days.	<input type="checkbox"/>	<input type="checkbox"/>	
Does each worker know (1) how and (2) which medical doctor to call in case of an emergency? Does the doctor's provider speak the worker's language(s)?	<input type="checkbox"/>	<input type="checkbox"/>	
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



HEAT RELATED ILLNESS

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

ADDITIONAL RESOURCES

Heat Illness Training Videos (Spanish)

U.S. Agricultural Safety and Health Centers

<https://www.youtube.com/playlist?list=PLY7XQBihZRNvezeSe7dCHgSlkoN9Nyvr>

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

Pacific Northwest Agricultural Safety and Health Center (PNASH)

http://deohs.washington.edu/pnash/heat_illness

Desastres naturales y tiempo severo

Centros para el Control y la Prevención de Enfermedades

<https://www.cdc.gov/es/disasters/extremeheat/index.html>

Señales y síntomas de enfermedad por calor- Mapa de Cuerpo

Pacific Northwest Agricultural Safety and Health (PNASH) Center

<https://nasdonline.org/7198/d002451/se-ales-y-s-ntomas-de-enfermedad-por.html>

Signos y síntomas de advertencia de enfermedades relacionadas con el calor

Centros para el Control y la Prevención de Enfermedades

<https://www.cdc.gov/es/disasters/extremeheat/warning.html>

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>

The Upper Midwest Agricultural Safety and Health Center (UMASH) is a Center of Excellence in Agricultural Disease and Injury Research, Education, and Prevention funded by NIOSH cooperative agreement U54OH010170.
umash.umn.edu

Updated August 2023