4S CONSULTING

Heat Stress Prevention Checklist

Hot weather plan triggers, daily controls and a humidex log for Ontario workplaces

Ontario | Hot weather plan period: May 1 to September 30

Workplace: _____ **Completed by:** _____ **Date:** _____

1. Plans in place

- ☐ Heat stress plan developed in consultation with the JHSC or health and safety representative
- ☐ Hot weather plan ready for May 1 to September 30
- ☐ Process-heat areas (furnaces, bakeries, smelters) assessed against ACGIH TLVs
- ☐ Jobs, areas and workers at higher risk identified

2. Hot weather plan triggers (act when any is reached)

- ☐ Humidex measured at the workplace is 35 or higher
- ☐ Environment Canada reports air temperature above 30°C with a humidex of 40
- ☐ A heat wave of 32°C or more is forecast for three or more days
- ☐ A smog alert is issued by the Ministry of the Environment, Conservation and Parks

3. Daily controls on hot days

- ☐ Humidex or heat alerts checked and recorded (log below)
- ☐ Cool drinking water close to work areas; workers reminded to drink a cup every 15 to 20 minutes
- ☐ Shaded or cool rest areas available
- ☐ Rest breaks more frequent and longer as heat rises
- ☐ Heavy work moved to cooler parts of the day, or shared among more workers
- ☐ Buddy system in place, and supervisors checking workers closely

4. People and equipment

- ☐ Acclimatization plan: new workers build up over one to two weeks; returning workers away 9+ days re-acclimatize
- ☐ Workers trained on signs of heat illness, prevention and first aid
- ☐ Trained first aiders on site, and an emergency plan (who calls 911)
- ☐ Light, breathable clothing; reflective gear near radiant heat; cooling vests where needed
- ☐ Fans used only below 35°C; air conditioning, shielding or exhaust used for hotter areas

Humidex and heat alert log

Date and time	Area	Humidex / alert	Actions taken	Initials

Get your JHSC ready for summer

4S Consulting offers CPO-approved JHSC Part 1, Part 2 and Refresher training: online, live virtual or on-site. A trained committee helps build and check your heat stress plan.

4sconsult.com/training/jhsc-certification-training/