



# Safety Managers

## Summer Safety Checklist

As the summer season heats up, safety managers face unique challenges in ensuring the well-being of their teams in hot weather conditions.

At Dentec Safety, we understand the importance of maintaining a safe working environment year-round. To help safety managers navigate the summer season successfully, we have created a comprehensive checklist that covers key areas of focus. From heat stress prevention to outdoor safety considerations, this checklist will assist safety managers in proactively addressing summer-related risks.

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### 1. EDUCATE EMPLOYEES ABOUT HEAT STRESS

- Train employees on recognizing the signs/ symptoms of heat related illnesses.
- Provide information about preventive measures and the importance of reporting early symptoms
- Emphasize the significance of staying hydrated and taking breaks in cool areas.

### 2. IMPLEMENT A HEAT STRESS MONITORING PROGRAM

- Regularly monitor weather conditions and heat indices to anticipate potential risks.
- Establish a system for assessing heat stress level among employees, such as using wearable sensors or monitoring self-reported symptoms.
- Set guidelines for work-rest schedules and adjust workloads based on heat stress levels.



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### ACGIH WORK REST REQUIREMENTS

American Conference of Government Industrial Hygienists

Work Demands	Acclimatized Worker				Unacclimatized Worker			
	Light	Moderate	Heavy	Very Heavy	Light	Moderate	Heavy	Very Heavy
100% Work	29.5	27.5	26		27.5	25	22.5	
75% Work 25% Rest	30.5	28.5	27.5		29	26.5	24.5	
50% Work 50% Rest	31.5	29.5	28.5	27.5	30	28	26.5	25
25% Work 75% Rest	32.5	31	30	29.5	31	29	28	26.5



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### 3. REVIEW & UPDATE EMERGENCY RESPONSE PLANS

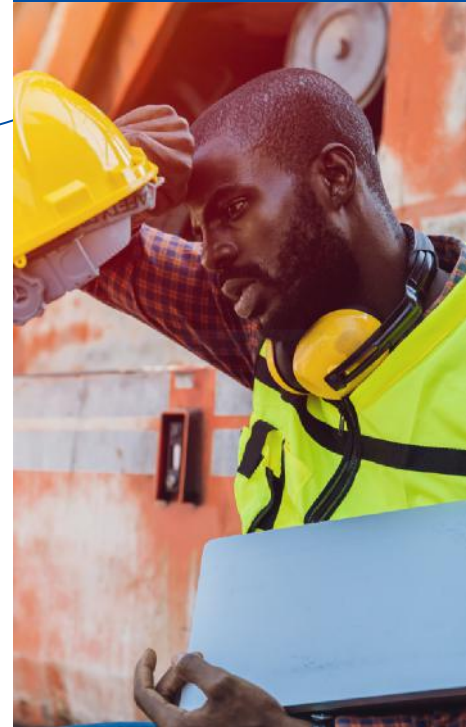
- Assess the existing emergency response plans to ensure they address summer-specific risks.
- Establish clear protocols for heat-related emergencies, including how to recognize and respond to heat-related illnesses.
- Communicate emergency procedures to all employees and conduct drills to practice responses.

### 4. PROVIDE ADEQUATE HYDRATION

- Ensure easy access to cool drinking water throughout the worksite.
- Encourage employees to drink fluids frequently and provide electrolyte replenishment options, if necessary.
- Train supervisors to promote hydration and lead by example.

### 5. ASSESS & MODIFY PPE

- Evaluate the impact of heat on the effectiveness and comfort of PPE.
- Consider using PPE made of breathable materials or with cooling features.
- Provide guidance on the proper use and maintenance of PPE to prevent heat-related discomfort or complications



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### 6. CONDUCT COMPREHENSIVE RISK ASSESSMENTS

- Perform site-specific risk assessments to identify potential hazards exacerbated by summer conditions.
- Evaluate outdoor work areas for risks related to excessive heat, sun exposure, and natural hazards like insect bites or poison ivy.
- Implement control measures to minimize or eliminate identified risks.



### 7. PROMOTE SUN SAFETY

- Encourage employees to use sunscreen with a high SPF and reapply it regularly.
- Provide wide-brimmed hats, sunglasses, and lightweight, breathable clothing to protect against sunburn and heat exhaustion.
- Schedule work tasks that involve outdoor activities during cooler times of the day, if possible.

### 8. ENSURE ADEQUATE VENTILATION AND COOLING

- Evaluate the effectiveness of workplace ventilation systems and make necessary improvements.
- Consider installing fans or portable air conditioning units in areas prone to heat build-up.
- Create shaded rest areas where employees can take breaks and cool down



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### 9. TRAINING & EDUCATION

- Conduct regular training sessions to refresh employees' knowledge on summer-specific safety protocols.
- Provide guidance on proper lifting techniques and ergonomics in hot weather conditions.
- Foster a culture of safety by encouraging open communication and reporting of near-misses or unsafe conditions.

### 10. CONTINUOUS MONITORING & EVALUATION

- Regularly assess the effectiveness of summer safety initiatives and revise them as needed.
- Collect feedback from employees to identify areas of improvement and address concerns.
- Analyze incident reports and near-miss incidents to identify patterns or trends and take preventive actions.

Summer poses unique challenges for safety managers, but with Dentec Safety's checklist in hand, you can proactively address potential risks and create a safer working environment.

For more help or support on implementing a workplace safety program this summer contact us to chat with one of our safety specialists to get you started.



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