



# Extreme Heat Checklist

Be Prepared! An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather event. But you can take action to prepare. Prepare now to protect yourself.

## Learn How to Stay Hydrated

- You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.
- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary drinks, caffeinated and alcoholic drinks. — Stick to Water!
- If you are sweating a lot, combine water with electrolytes or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.

## Wear the Right Clothing

- Lightweight Fabrics like cotton, help to keep you cool.
- Loose fitting and light colors are best. Tight fitting clothes don't allow sweat to evaporate and dark colors absorb heat.
- Sun-protective fabrics, are given an ultraviolet protection factor (UPF) rating based on how much UV radiation they allow to penetrate the skin.
- Wear a hat

## What to Eat

- Eat smaller portions and meals
- Stick to protein and vegetables. No starchy, sugary foods.

## Stay Connected— High Temp? Sweating Stops? Headache?

- If you are experiencing any of these symptoms check in with your crew.
- During extreme heat events make sure your crew knows your location each day.
- Monitor weather daily to make sure you are prepared (for the recommendations on clothing, hydration, etc.).



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Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: CDC, NIOSH, FRA, OSHA



