

Heat Safety Checklist for Electrical Workers

A field guide for Oregon & Washington jobsites



BEFORE THE WORKDAY

- ☐ Review weather conditions and heat index before starting work.
- ☐ Identify high-heat tasks or locations (rooftops, attics, confined spaces, direct sun).
- ☐ Bring water and hydration supplies for the expected conditions.
- ☐ Wear task-appropriate PPE and breathable clothing when possible.
- ☐ Confirm shade or cooled recovery areas are available.

DURING THE WORKDAY

- ☐ Hydrate regularly—don't wait until you feel thirsty.
- ☐ Take required cool-down breaks and use available recovery areas.
- ☐ Monitor yourself and coworkers for signs of heat illness.
- ☐ Adjust work pace, task timing, or rotation during peak heat.
- ☐ Report symptoms early and notify your supervisor if conditions become unsafe.

KNOW THE WARNING SIGNS

- ☐ Heavy sweating
- ☐ Muscle cramps
- ☐ Headache or dizziness
- ☐ Nausea or vomiting
- ☐ Confusion, fainting, or loss of consciousness (medical emergency—call 911 immediately)



OREGON OSHA HEAT REQUIREMENTS

When the heat index **reaches 80°F**, employers must provide:

- ☐ Cool drinking water
- ☐ Access to shade or cooled recovery areas
- ☐ Preventive cool-down breaks
- ☐ Heat illness prevention training
- ☐ A written heat illness prevention plan

At 90°F and above, additional protections and monitoring are required.



WASHINGTON LABOR & INDUSTRIES REQUIREMENTS

Washington employers should take the following steps to protect outdoor workers during hot weather:

- ☐ Provide plenty of cool drinking water throughout the workday.
- ☐ Encourage workers to hydrate frequently, even before feeling thirsty.
- ☐ Train employees to recognize and respond to the signs and symptoms of heat illness.
- ☐ Allow time for new and returning workers to acclimate to hot working conditions.
- ☐ Adjust work schedules or rotate strenuous tasks during periods of extreme heat whenever possible.
- ☐ Monitor workers throughout the day for signs of heat-related illness.



Washington State Department of
Labor & Industries

ADDITIONAL SUPPORT & RESOURCES

- ☐ [OSHA Laws and Regulations](#)
- ☐ [Oregon Occupational Safety & Health](#)
- ☐ [Washington State Labor & Industries Heat Exposure Rules](#)
- ☐ [Mental Health & Wellness Hub](#)



QUESTIONS OR CONCERNS?

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