

Checklist “Heat Stress & Thermal Comfort”

This checklist can help you to carry out a basic Thermal Comfort Risk Assessment.

| Factor | Description | Yes ✓ |
|---------------------------------------|---|-------|
| Air Temperature | Does the air in the workplace feel warm or hot? | |
| | Does the temperature fluctuate during a normal working day? | |
| | Does the temperature change a lot during hot or cold seasonal variations? | |
| Radiant Heat / Cold | Is there a heat source in the environment? | |
| | Is there any equipment that produces steam? | |
| | Is the workplace affected by external weather conditions? | |
| Humidity | Are your employees wearing PPE that is vapour impermeable? | |
| | Do your employees complain that the air is too dry? | |
| | Do your employees complain that the air is humid? | |
| Air Movement & Ventilation | Is cold or warm air blowing directly into the workspace? | |
| | Are employees complaining of draught? | |
| Metabolic Rate | Is work rate moderate to intensive in warm or hot conditions? | |
| | Are employees sedentary in cool or cold environments? | |
| Protection Equipment (PPE) | Is PPE being worn that protects against harmful toxins, chemicals, asbestos, flames, extreme heat, etc? | |
| | Can employees make individual alterations to their clothing in response to the thermal environment? | |
| | Is respiratory protection (RPE) being worn? | |
| What do your workers think? | Do your employees think that there is a thermal comfort problem? | |

A risk of heat stress or thermal discomfort may be present if you tick TWO or more “Yes” boxes. If so, we recommend carrying out a detailed Heat Stress Risk Assessment. Further information is available on hseaustralia.com.au/heat-stress-risk-assessment