

# Heat Stress Monitoring Log

## Environmental Details

Date of Monitoring\*: \_\_\_\_\_

Time of Measurement\*: \_\_\_\_\_

Work Location\*: \_\_\_\_\_

Assessor / Observer Name\*: \_\_\_\_\_

Ambient Temperature (°C)\*: \_\_\_\_\_

Relative Humidity (%)\*: \_\_\_\_\_

WBGT Index (°C): \_\_\_\_\_

Work Intensity Level: \_\_\_\_\_ > Options: Light, Moderate, Heavy, Very Heavy

Controls in Place: \_\_\_\_\_

## Worker Monitoring Log

Worker Monitoring Log

Worker Name	Job Role	Core Body Temp (°C)	Heart Rate (bpm)	Symptoms Observed	Break Provided	Returned to Work

Options for 'Symptoms Observed': None, Heat Cramps, Heat Exhaustion, Heat Stroke, Other

## Actions & Sign-off

Heat Stress Threshold Exceeded

Corrective Actions Taken: (Fill only if applicable)

\_\_\_\_\_

Supervisor Name\*: \_\_\_\_\_

Review Date\*: \_\_\_\_\_

Supervisor Signature\*: \_\_\_\_\_ (Sign above)