



SA AIA / ADVENTURE IN THE HEAT

# Outdoor Activity Heat Safety Checklist

Use this planning prompt alongside your own risk assessment and activity procedures. No single air temperature establishes that an activity is safe.

## 01 Before departure

- ☐ Forecasts, official warnings and location risks checked
- ☐ Participants, equipment, water and supplies assessed
- ☐ Departure, kit and emergency arrangements communicated

## 02 During the activity

- ☐ Monitor conditions and participant wellbeing
- ☐ Use suitable rest and cooling opportunities
- ☐ Adjust, stop or evacuate when necessary

## 03 After the activity

- ☐ Record incidents and near misses
- ☐ Review risk assessments and procedures
- ☐ Share lessons with relevant personnel

## 04 Review the whole picture

Consider exertion, humidity, direct sun, wind, clothing, acclimatisation, duration, access and individual needs.

**SA AIA practical recommendations: educational prompts, not statutory standards.**

[www.saaia.org.za](http://www.saaia.org.za)

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General educational guidance. Activity-specific decisions remain the responsibility of the relevant operator and competent personnel.

Sources: CDC / NIOSH: Wilderness Search and Rescue (WSAR)

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