



# Health & Wellness Screening Checklist

For Construction Sites

## Important information

- It is YOUR RESPONSIBILITY to confirm what is provided on site beforehand. Each location is different and each have different supplies.
- Do not be late! No one is allowed to enter the site until they are scanned.
- If you have an emergency and are going to be late call **(844) 738-6334** and **press 0**. If you get a call from this number ANSWER IT. It will be us or the client.

## Critical Equipment

- Thermometer – MUST HAVE**
  - Extra Batteries
  - Extra thermometer probes (if necessary)
- Trauma Sheers
- Gloves
- Boots (Steel toed shoes Preferred)

## Decontamination

- Sani Wipes or Alcohol Wipes
- Lysol Spray
- Hand Sanitizer
- Paper Towels

## Supplies from the Superintendent or National Set Medics

- Wrist Bands, different color each day
- Hard Hat
- Safety Vest
- Safety goggles
- Mask (optional)
- Ear Plugs

## Misc.

- Bring your BLS Kit and misc. Band Aids in a bag
- Drinking Water and Snacks
- Pen and Permanent Marker
- Note Pad
- Your phone + Charger



**National  
Set Medics**

Toll Free: **(844) Set-Medic  
738-6334**

[www.NationalSetMedics.com](http://www.NationalSetMedics.com)

### How to use the Wrist Bands

- 1 Do not apply too tight. Allow for two-finger spacing between the band and wrist
- 2 Write a "1" over your first temperature reading, a "2" over your mid-day reading and a "3" over your final reading
- 3 Round up any odd temperature readings - ex. 97.7°= 97.8°
- 4 **Anyone in Bold goes home.** They are allowed one retest after a 15-minute rest in your presence to rule out exertion. Do not allow them in!

