**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

#### What is your age? \*



Under 25

25-34

35-44

45-54



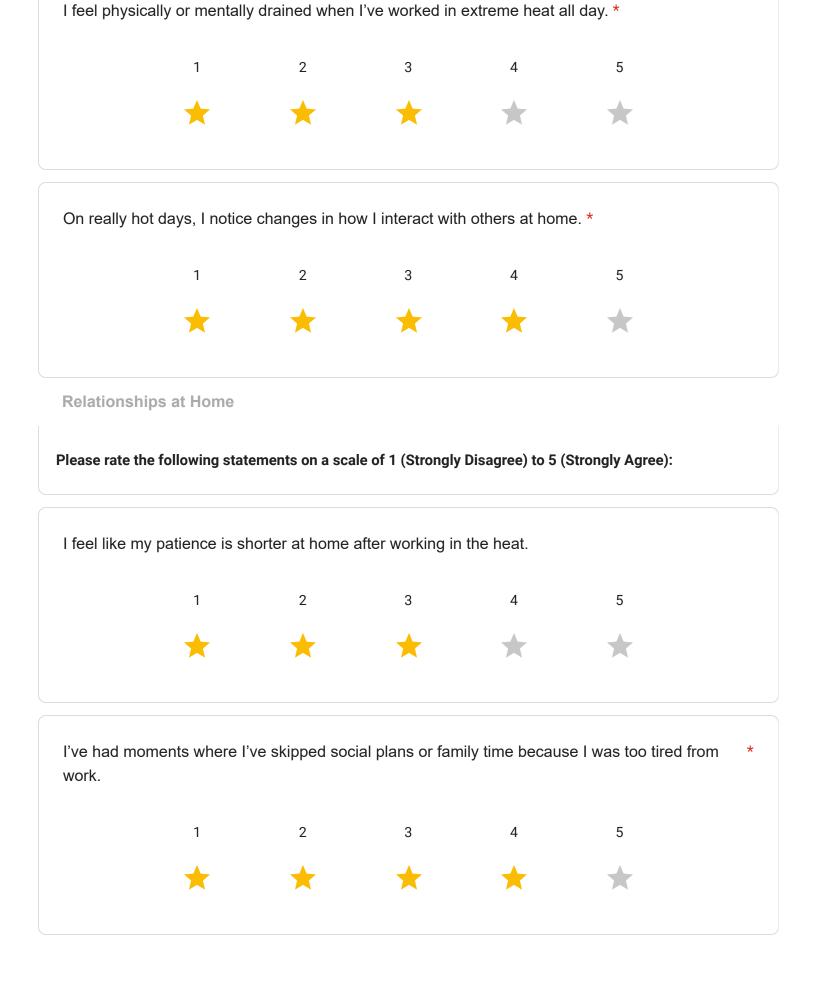
- Framing
- Stucco
- Landscaping
- Mechanical
- Electrical
- Superintendent
- Other: Project Manager

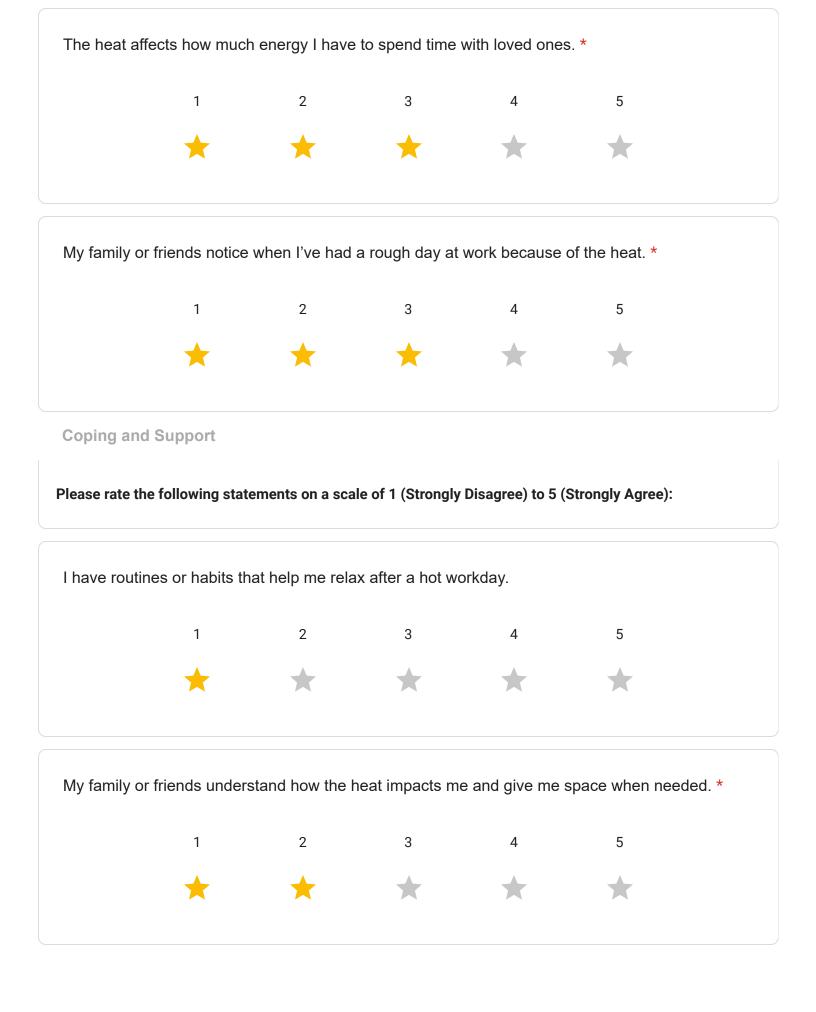
How many years have you been working in construction? Less than 1 year 1-5 years 6-10 years More than 10 years **General Context** This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

How do you usually feel when you get home after a long day working in the heat?

Tired

How often do you feel th	ne heat from w	ork affects yo	ur mood at hor	ne?	
Never					
Rarely					
✓ Sometimes					
Often					
Always					
How does working in extr when you get home? Poor decisions	eme heat affect	your appetite,	energy to prepa	are meals, or wha	t you eat
Impact on Energy and M		ale of 1 (Strongly	/ Disagree) to 5 (	Strongly Agree):	
After a hot workday, I feel	like I need extr	a time to recha	rge before doin	g anything else.	
1	2	3	4	5	
*	*	*	*	*	
The heat sometimes mak	es it hard for me	e to enjoy my u	sual activities a	t home. *	
1	2	3	4	5	
*	*	*	*	*	





	1	2	3	4	5	
	*	*	*	*	*	
When I'm r	ecovering from	a hot day, I fee	el supported by	the people arou	ınd me. *	
	1	2	3	4	5	
	*	*	*	*	*	
	ection is optional! too. Your input h	! We'd love to hea			er not to answer, that's sure!	
erfectly fine	ection is optional!	! We'd love to hea nelps us understa	and your experier	nces, but no pres		
erfectly fine	ection is optional! too. Your input h	! We'd love to hea nelps us understa	and your experier	nces, but no pres		
what help	ection is optional! too. Your input h	! We'd love to head nelps us understa	end your experier	nces, but no pres		s? If
What help Sleep Have you	ection is optional! too. Your input h	! We'd love to head nelps us understa	end your experier	nces, but no pres	sure!	s? If

If you could change one thing about how heat stress is managed—at work or at home—what would it be?



Adjusted hours might help

You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

This content is neither created nor endorsed by Google.

Google Forms

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

#### What is your age? \*



Under 25

25-34

35-44

45-54



Framing
Stucco

Landscaping

Mechanical

Electrical

Superintendent

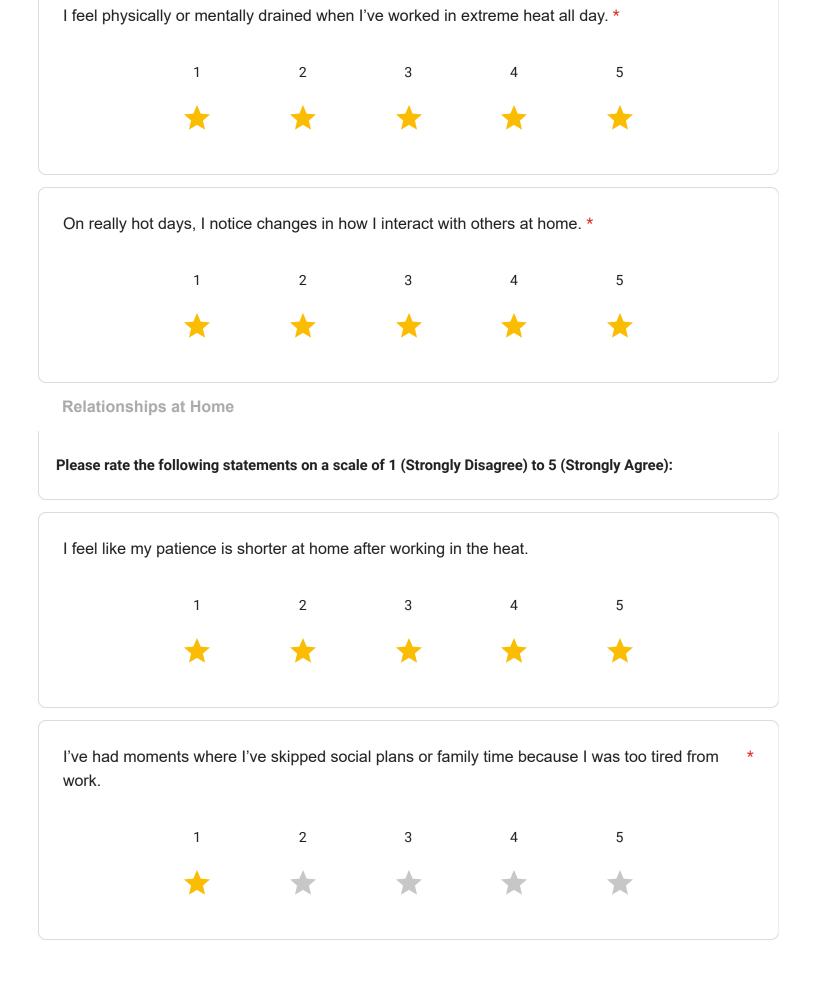
Other:

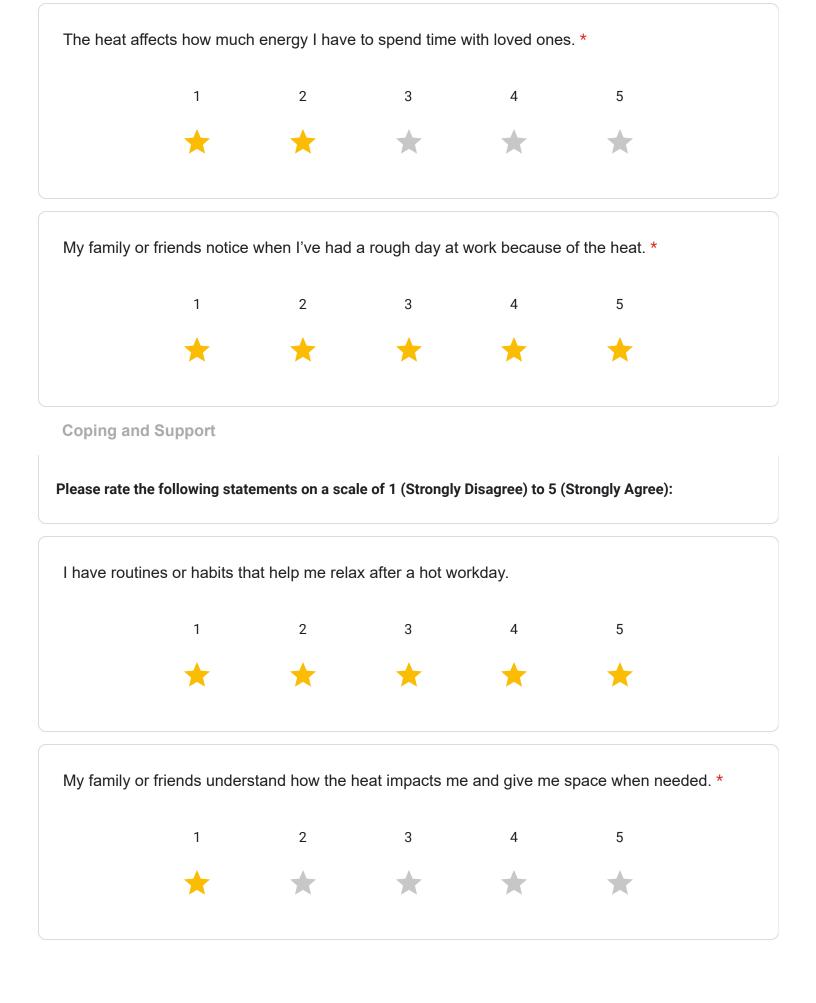
How many years have you been working in construction? Less than 1 year 1-5 years 6-10 years More than 10 years **General Context** This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

How do you usually feel when you get home after a long day working in the heat?

Very tired.

How often do you feel th	ne heat from wo	ork affects yo	ur mood at hon	ne?	
Never					
Rarely					
Sometimes					
<b>✓</b> Often					
Always					
How does working in extra when you get home? I don't have any appetite to e			energy to prepa	re meals, or what	you eat
Impact on Energy and M		ile of 1 (Strongly	/ Disagree) to 5 (\$	Strongly Agree):	
After a hot workday, I feel	like I need extra	a time to recha	rge before doing	g anything else.	
1	2	3	4	5	
*	*	*	*	*	
The heat sometimes mak	es it hard for me	e to enjoy my u	sual activities at	home. *	
1	2	3	4	5	
*	*	*	*	*	





	1	2	3	4	5	
	*	*	*	*	*	
/hen I'm re	ecovering from	a hot day, I fee	l supported by	the people aro	und me. *	
	1	2	3	4	5	
	*	*	*	*	*	
eflections	s and Insights					
	-		ar your thoughts, and your experier	•	er not to answer, that's sure!	S

Have you noticed any patterns in how heat affects your energy, mood, or relationships? If yes, what are they?

The heat makes me more aggressive and short fused.

If you could change one thing about how heat stress is managed—at work or at home—what would it be?



Have a cold water stations where someone has a duty to recommend co-workers a ice water break.

You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

This content is neither created nor endorsed by Google.

Google Forms

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

#### What is your age? \*



Under 25

25-34

35-44

45-54



Framing
Stucco

Landscaping

Mechanical

Electrical

Superintendent

Other:

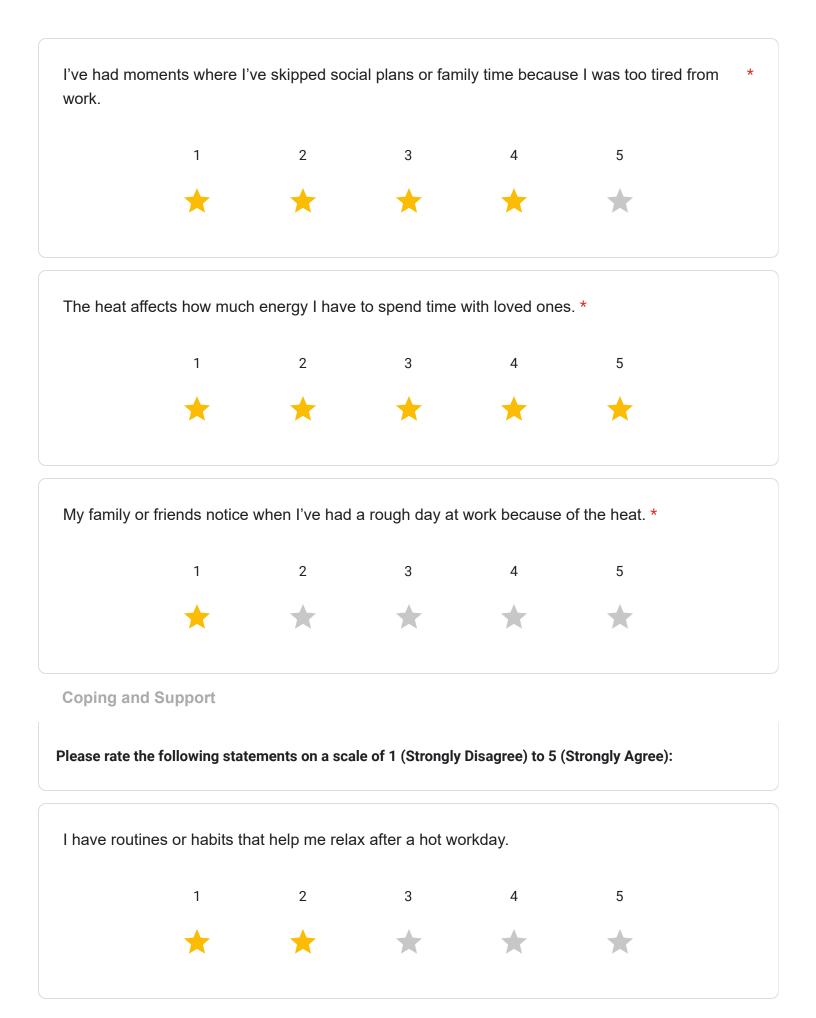
How many years have you been working in construction? Less than 1 year 1-5 years 6-10 years More than 10 years **General Context** This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

How do you usually feel when you get home after a long day working in the heat?

Tired

How often do you feel the heat from work af	fects your mo	ood at home?	
Never			
Rarely			
Sometimes			
Often			
Always			
How does working in extreme heat affect your awhen you get home?  No energy to prepare a meal unless it is dinner for two pick up or cook.			·
Impact on Energy and Mood			
Please rate the following statements on a scale of 1	(Strongly Disag	gree) to 5 (Stron	gly Agree):
After a hot workday, I feel like I need extra time	to recharge be	efore doing any	/thing else.
1 2	3	4	5
* *	*	*	*

The heat sometimes makes it hard for me to enjoy my usual activities at home. \* 1 I feel physically or mentally drained when I've worked in extreme heat all day. \* 1 5 On really hot days, I notice changes in how I interact with others at home. \* 1 3 5 **Relationships at Home** Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree): I feel like my patience is shorter at home after working in the heat. 1



	1	2	3	4	5
	*	*	*	*	*
ve develo	pped ways to talk	about how wo	ork affects me v	vith the people	I'm close to. *
	1	2	3	4	5
	*	*	*	*	*
/hen l'm	recovering from	a hot day, I fee	l supported by	the people arou	und me. *
	1	2	3	4	5
	*	*	*	*	*
eflection	s and Insights				
	ection is optional! e too. Your input h				er not to answer, that's sure!
/hat help	os you bounce l	oack after wor	king in extren	ne heat?	
еер					

Have you noticed any patterns in how heat affects your energy, mood, or relationships? If yes, what are they?

Not much energy to socialize once I get home. Im more quiet and prefer to be alone.

If you could change one thing about how heat stress is managed—at work or at home—what would it be?



Better education on what to do after a long day in extreme heat.

You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

## Google Forms

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

#### What is your age? \*



Under 25

25-34

35-44

45-54



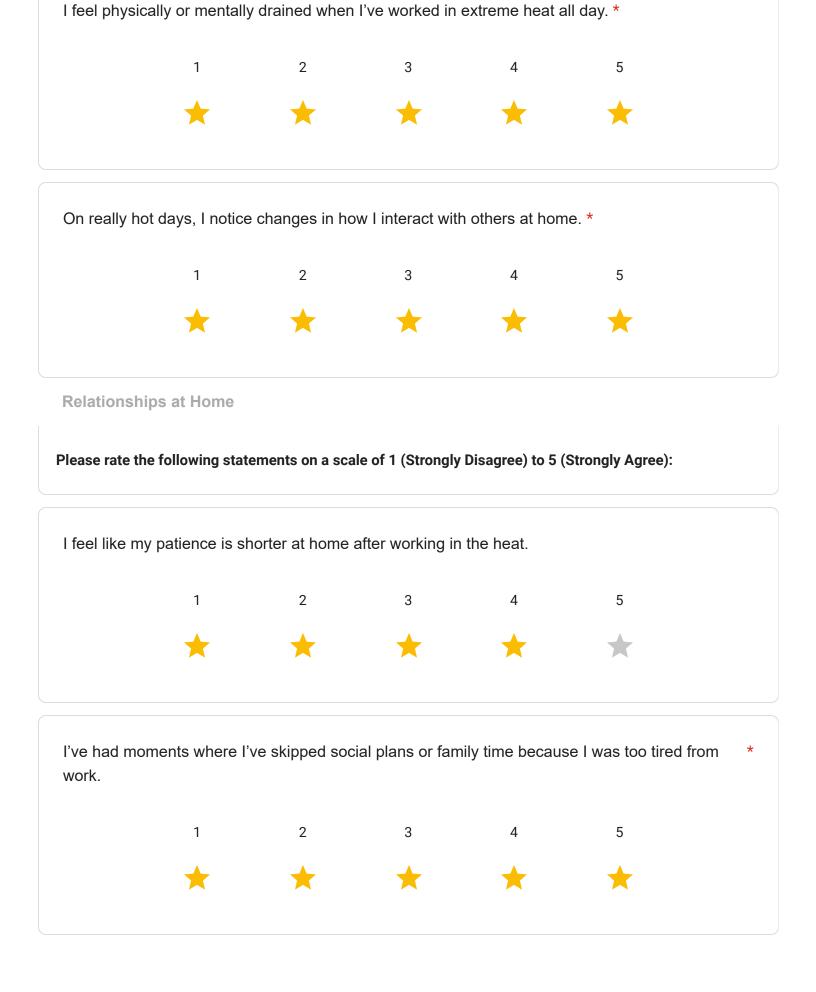
- Framing
- Stucco
- Landscaping
- Mechanical
- Electrical
- Superintendent
- Other: Project Manager

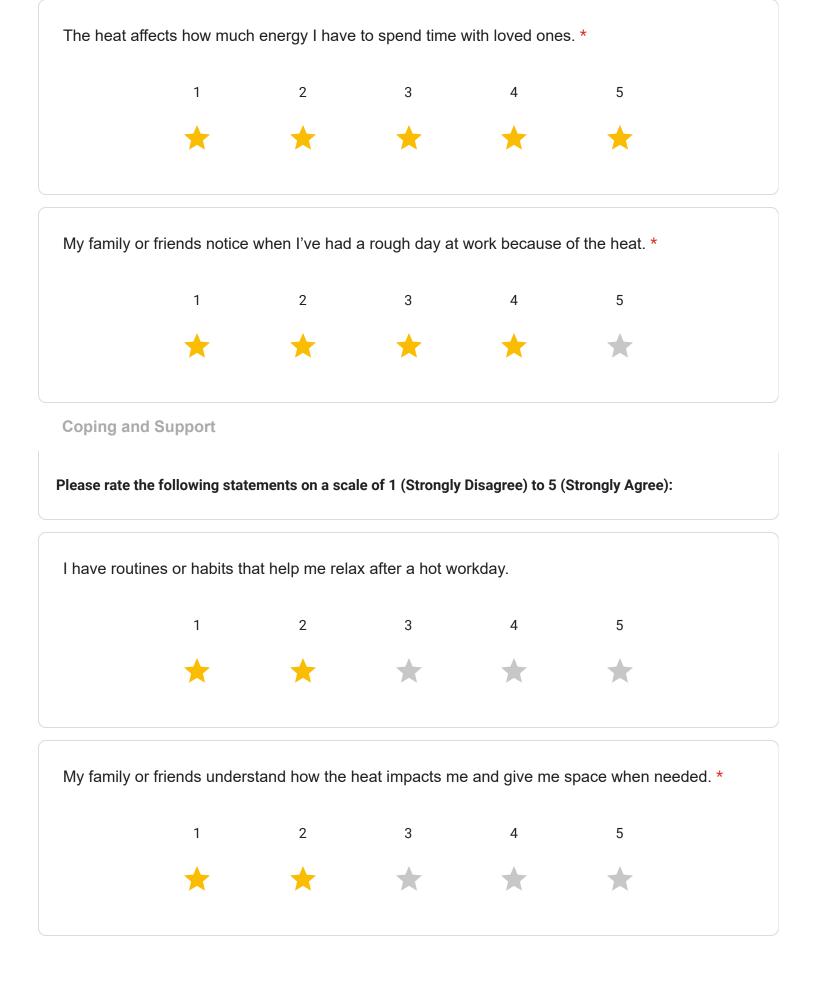
How many years have you been working in construction? Less than 1 year 1-5 years 6-10 years More than 10 years **General Context** This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

How do you usually feel when you get home after a long day working in the heat?

Drained

How often do you feel t	he heat from wo	ork affects yo	ur mood at hor	ne?	
Never					
Rarely					
Sometimes					
Often					
Always					
How does working in ext when you get home? No energy to do anything	reme heat affect	your appetite,	energy to prepa	re meals, or what	you eat
Impact on Energy and I		lle of 1 (Strongly	y Disagree) to 5 (\$	Strongly Agree):	
After a hot workday, I fee	el like I need extra	a time to recha	rge before doin(	g anything else.	
1	2	3	4	5	
*	*	*	*	*	
The heat sometimes ma	ແes it hard for me	e to enjoy my u	sual activities at	: home. *	
1	2	3	4	5	
*	*	*	*	*	





	1	2	3	4	5	
	*	*	*	*	*	
When I'm rec	covering from a	a hot day, I fee	supported by	the people arou	und me. *	
	1	2	3	4	5	
	*	*	*	*	*	
Reflections a	and Insights					
perfectly fine to	o. Your input he	elps us understa	r your thoughts, nd your experier king in extrem	nces, but no pres	er not to answer, that's sure!	3
Have you no yes, what are		tterns in how	heat affects yo	our energy, mo	ood, or relationship	os? If

I've developed ways to talk about how work affects me with the people I'm close to. \*

If you could change one thing about how heat stress is managed—at work or at home—what would it be?



My energy

You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

This content is neither created nor endorsed by Google.

Google Forms

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

#### What is your age? \*



Under 25

25-34

35-44

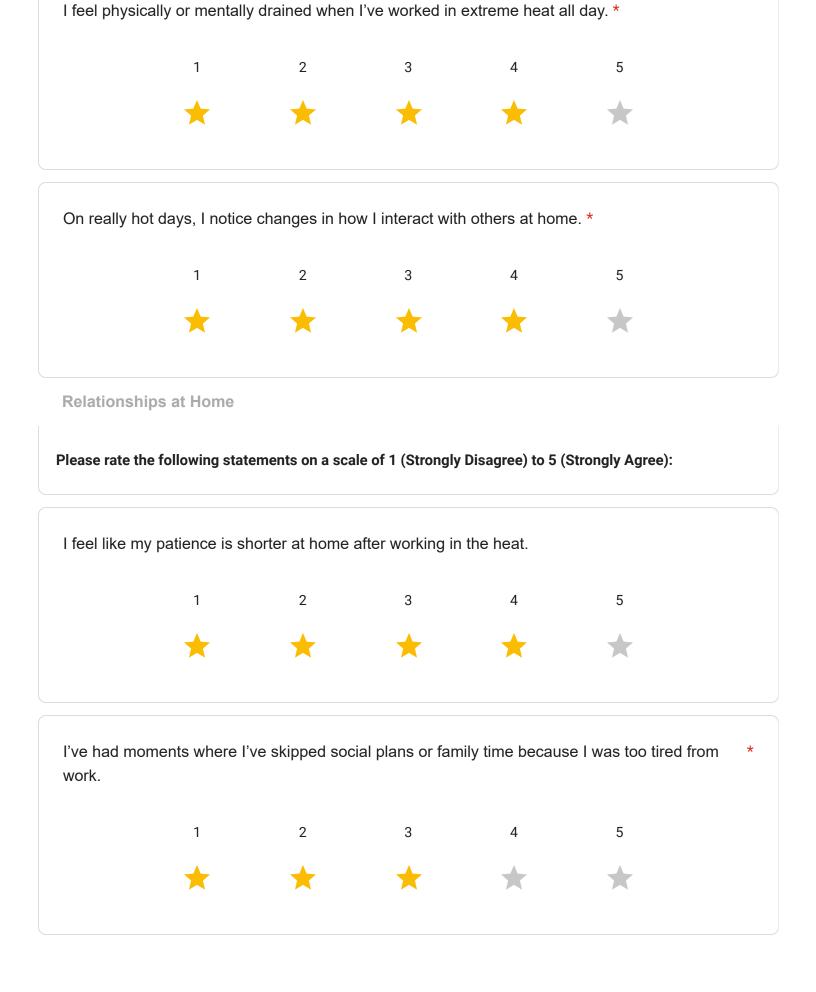
45-54

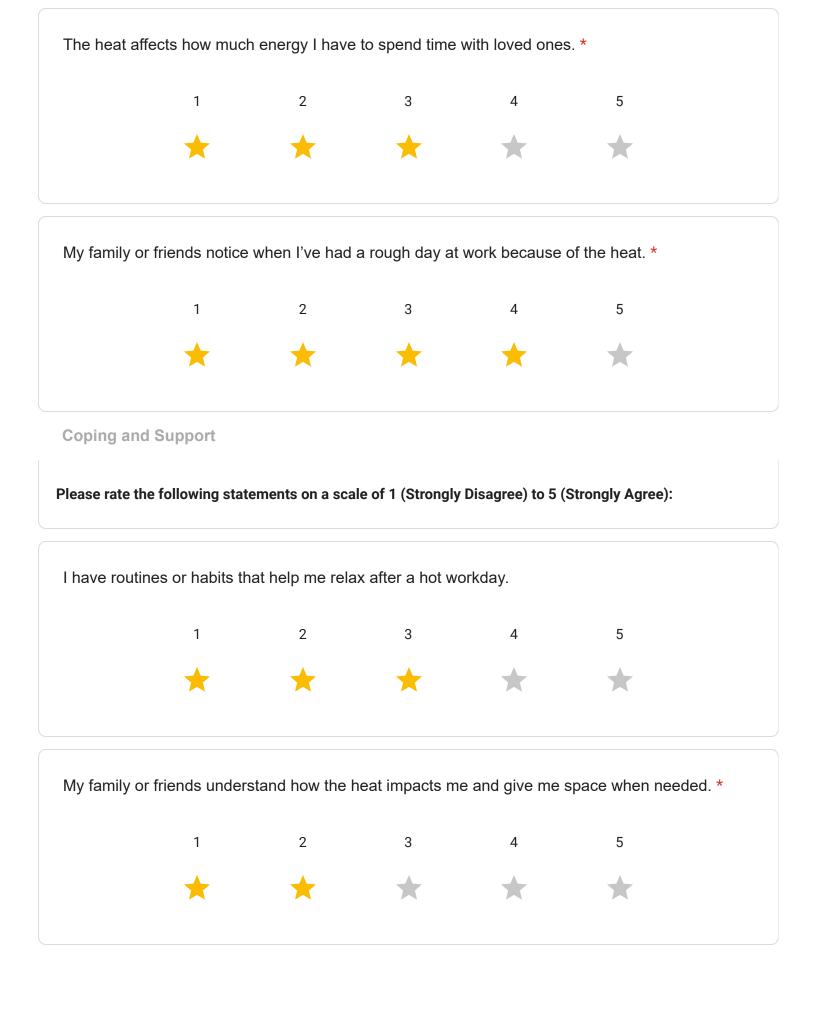


- Framing
- Stucco
- Landscaping
- Mechanical
- Electrical
- Superintendent
- Other: Project Manager

How many years have you been working in construction? Less than 1 year 1-5 years 6-10 years More than 10 years **General Context** This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure! How do you usually feel when you get home after a long day working in the heat? Tired

How often do you feel th	e heat from w	ork affects yo	ur mood at hor	me?	
Never					
Rarely					
Sometimes					
Often					
Always					
How does working in extre when you get home? Less appetite, thirsty	eme heat affect	your appetite,	energy to prepa	are meals, or wha	t you eat
Impact on Energy and M Please rate the following state		ale of 1 (Strongly	/ Disagree) to 5 (	Strongly Agree):	
After a hot workday, I feel	like I need extr	a time to recha	rge before doin	g anything else.	
1	2	3	4	5	
*	*	*	*	*	
The heat sometimes make	es it hard for mo	e to enjoy my u	sual activities a	t home. *	
1	2	3	4	5	
*	*	*	*	*	





	1	2	3	4	5	
	*	*	*	*	*	
When I'm re	ecovering from	a hot day, I fee	I supported by	the people arou	ınd me. *	
	1	2	3	4	5	
	*	*	*	*	*	
perfectly fine	too. Your input h	We'd love to head lelps us understa	ind your experier	nces, but no pres	er not to answer, that sure!	.'s

I've developed ways to talk about how work affects me with the people I'm close to. \*



Air Conditioning

You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

This content is neither created nor endorsed by Google.

# **Heat Stress and Mental Well-Being Survey**

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

#### What is your age? \*



Under 25

25-34

35-44

45-54

55 and above

### What is your role in construction?



Framing
Stucco
Landscapi

aping

Mechanical
------------

Electrical

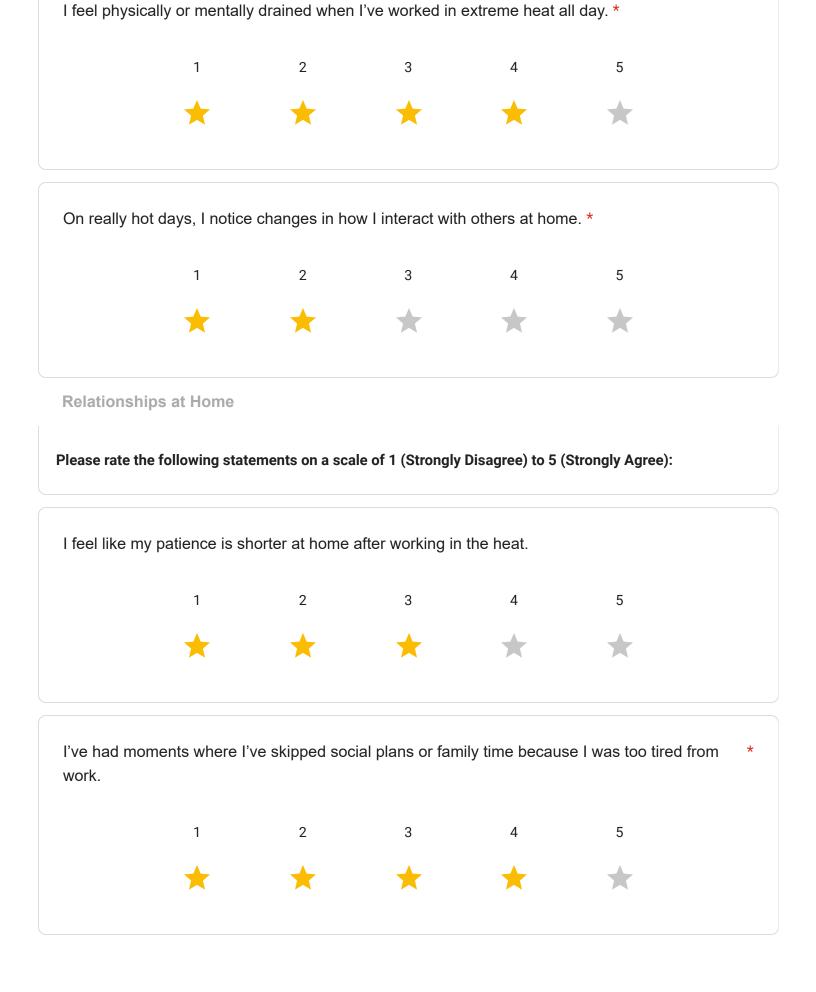
Other:

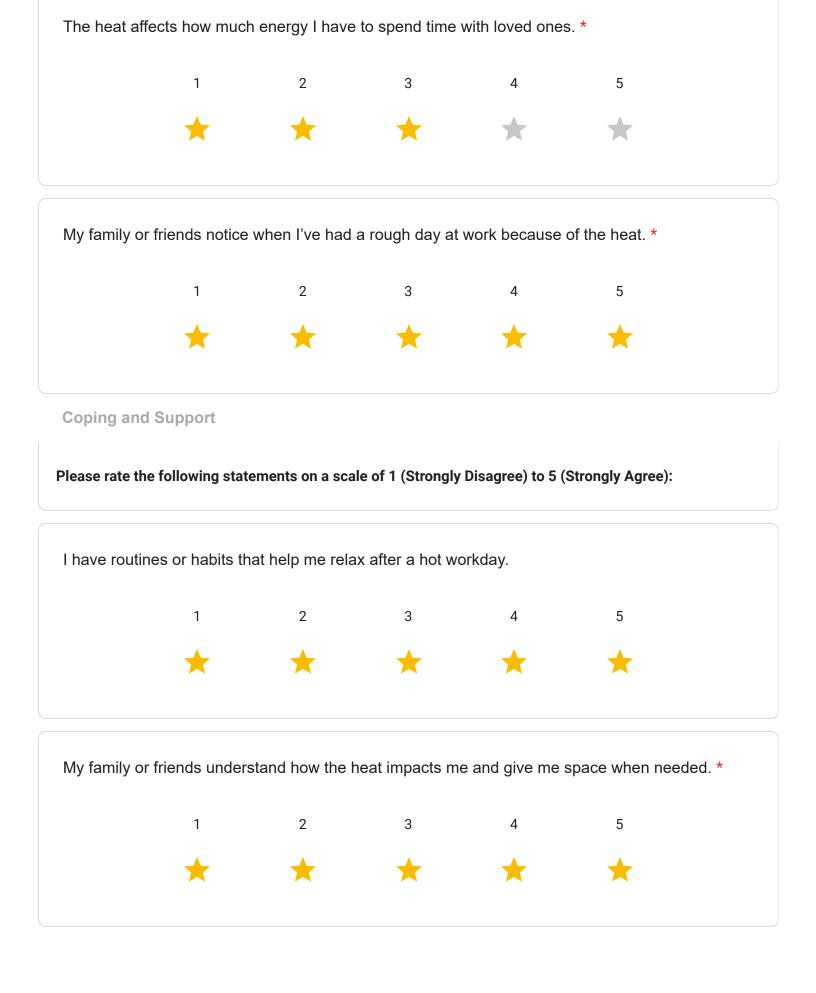
How many years have you been working in construction? Less than 1 year 1-5 years 6-10 years More than 10 years **General Context** This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

How do you usually feel when you get home after a long day working in the heat?

Very tired

How often do you feel th	e heat from w	ork affects you	ur mood at hor	ne?	
Never					
Rarely					
Sometimes					
Often					
Always					
How does working in extre	eme heat affect	your appetite,	energy to prepa	re meals, or what	t you eat
Hard to prepare meal due to	lack of energy.				
Impact on Energy and M	ood				
Please rate the following sta	tements on a sca	ale of 1 (Strongly	Disagree) to 5 (	Strongly Agree):	
After a hot workday, I feel	like I need extr	a time to recha	rge before doinç	g anything else.	
1	2	3	4	5	
*	*	*	*	*	
The heat sometimes make	es it hard for me	e to enjoy my u	sual activities a	t home. *	
1	2	3	4	5	
*	*	*	*	*	





e develop	ed ways to tall	k about how wo	ork affects me v	vith the people	I'm close to. *
	1	2	3	4	5
	*	*	*	*	*
en I'm re	covering from	a hot day, I fee	I supported by	the people aro	und me. *
	1	2	3	4	5
	*	*	*	*	*
eflections	and Insights				
		We'd love to hea	•	•	er not to answer, that's ssure!

Enjoying a cold shower and then relaxing on the couch.

Have you noticed any patterns in how heat affects your energy, mood, or relationships? If yes, what are they?

Yes, it can cause me to be extremely tired which then effects what I need to get done after work.



I think it's best if everyone got some additional training on the effects of heat on the body. Each person will react differently so each person should have their own measures on how to react if they are getting too hot.

You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

This content is neither created nor endorsed by Google.

# **Heat Stress and Mental Well-Being Survey**

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

### What is your age? \*



Under 25

25-34

35-44

45-54

55 and above

### What is your role in construction?



_	
⊢rai	mına
 1141	9

- Stucco
- Landscaping
- Mechanical
- Electrical
- Superintendent

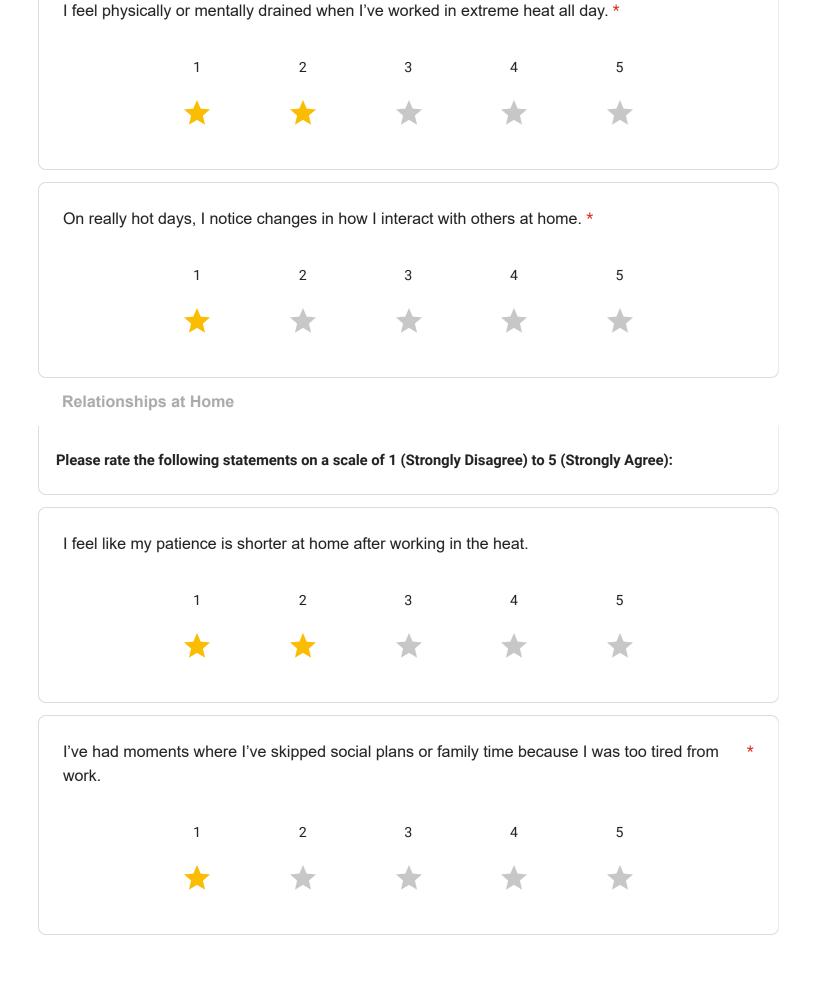
Other:

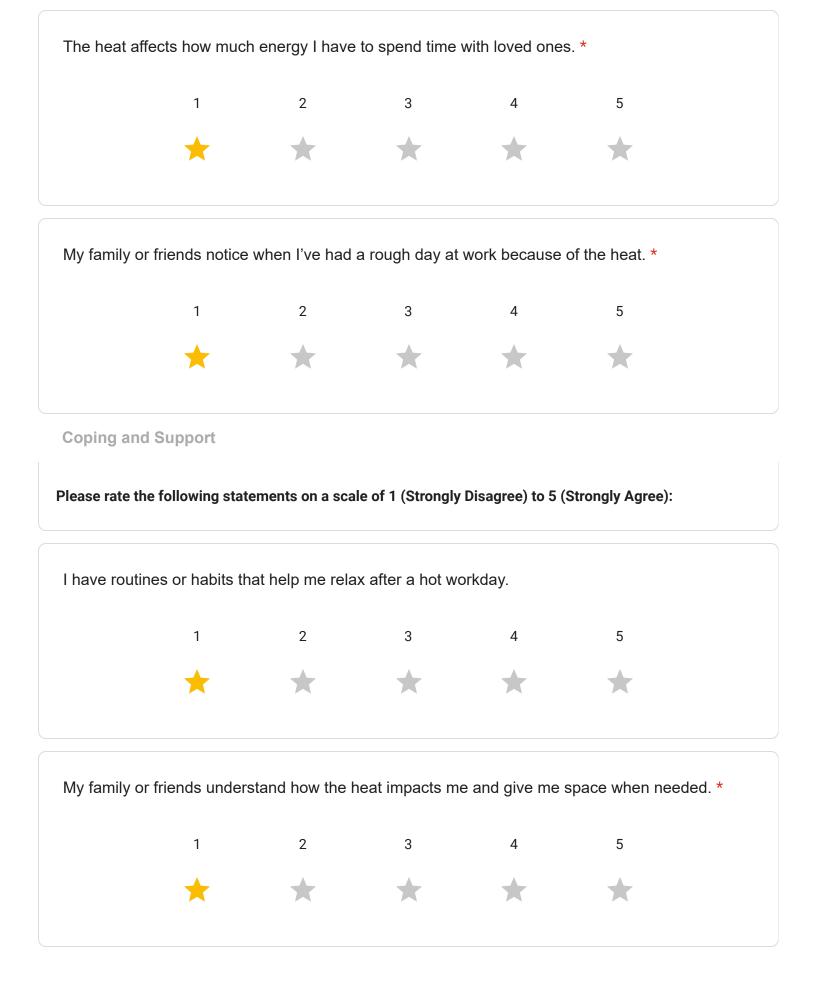
How many years have you been working in construction? Less than 1 year 1-5 years 6-10 years More than 10 years **General Context** This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

How do you usually feel when you get home after a long day working in the heat?

Fine

How often do yo	ou feel the h	eat from w	ork affects you	r mood at hor	ne?	
Never						
Rarely						
Sometimes						
Often						
Always						
How does working when you get how lt doesn't bother m	me?	heat affect	your appetite, e	energy to prepa	re meals, or what	you eat
Impact on Energ			ale of 1 (Strongly	Disagree) to 5 (	Strongly Agree):	
After a hot workd	ay, I feel like	I need extr	a time to rechar	ge before doinç	g anything else.	
	1	2	3	4	5	
	*	*	*	*	*	
The heat someting	mes makes it	hard for me	e to enjoy my us	sual activities at	thome. *	
	1	2	3	4	5	
	*	*	*	*	*	





	*	*	*	4	5
When I'm reco	overing from	a hot day, I fee	I supported by	the people arou	und me. *
	1	2	3	4	5
	*	*	*	*	*
Reflections a	nd Insights				
		We'd love to hea elps us understa			er not to answer, that's sure!
What helps yo	ou bounce l	oack after wor	king in extrem	ne heat?	
Have you not yes, what are		tterns in how	heat affects yo	our energy, mo	ood, or relationships? If
yes, what are					
yee, what are					

I've developed ways to talk about how work affects me with the people I'm close to. \*



You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

This content is neither created nor endorsed by Google.

# **Heat Stress and Mental Well-Being Survey**

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

#### What is your age? \*



Under 25

25-34

35-44

45-54

55 and above

## What is your role in construction?

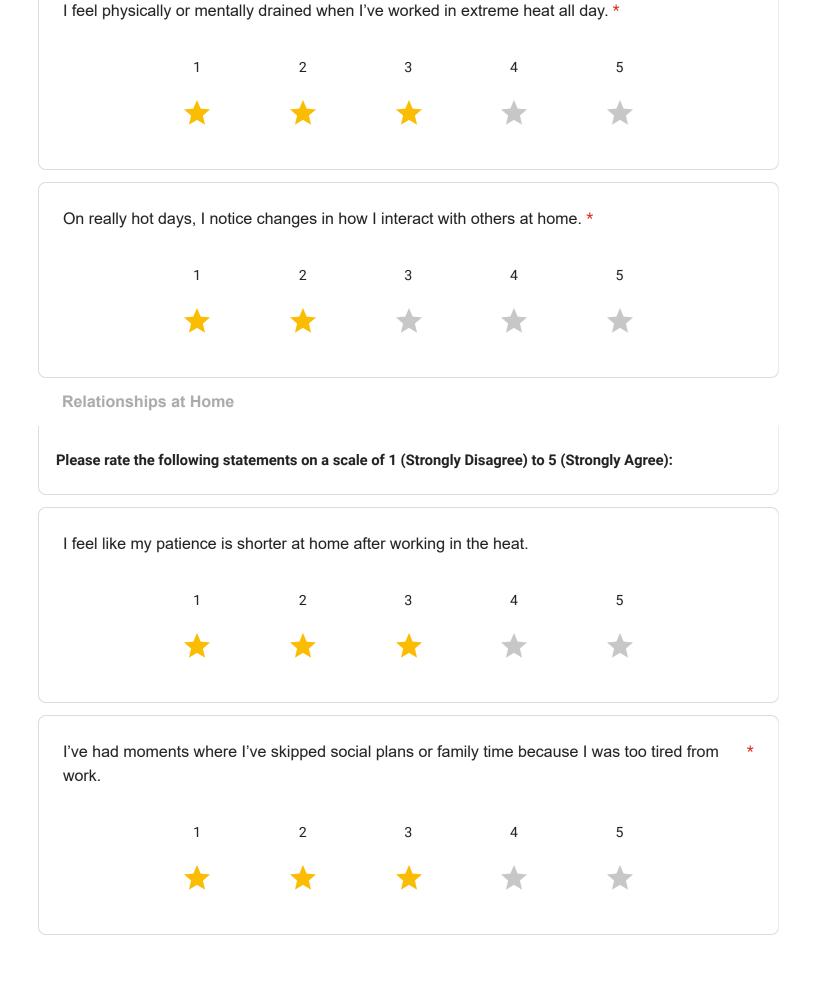
Framing

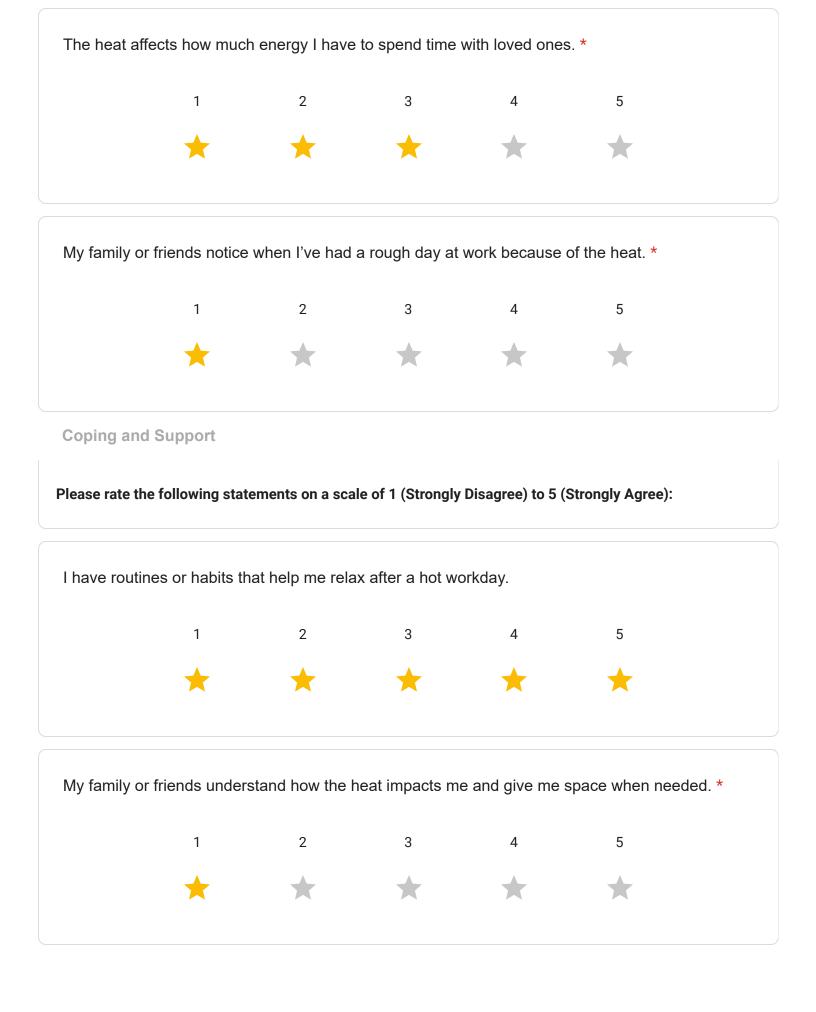


Stucco
Landscaping
Mechanical
Electrical
Superintendent
Other:

How many years have you been working in construction? Less than 1 year 1-5 years 6-10 years More than 10 years **General Context** This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure! How do you usually feel when you get home after a long day working in the heat?

How often do you feel t	he heat from w	ork affects yo	ur mood at hor	ne?	
Never					
Rarely					
✓ Sometimes					
Often					
Always					
How does working in extra when you get home?  I heat up something.	reme heat affect	your appetite,	energy to prepa	re meals, or what	t you eat
Impact on Energy and I		ale of 1 (Strongly	/ Disagree) to 5 (	Strongly Agree):	
After a hot workday, I fee	l like I need extr	a time to recha	rge before doin	g anything else.	
1	2	3	4	5	
*	*	*	*	*	
The heat sometimes make	ces it hard for mo	e to enjoy my u	sual activities a	home. *	
1	2	3	4	5	
*	*	*	*	*	





	1	2	3	4	5
	*	*	*	*	*
en l'm r	ecovering from	a hot day, I fee	l supported by	the people aro	und me. *
	1	2	3	4	5
	*	*	*	*	*
lection	s and Insights				
	ection is optional too. Your input h				er not to answer, that's ssure!

Have you noticed any patterns in how heat affects your energy, mood, or relationships? If

Yes, but it is similar to the gym I just listen to my body. If I feel drained I deal with it.

yes, what are they?



Having managers understand when it's time to break.

You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

This content is neither created nor endorsed by Google.

# **Heat Stress and Mental Well-Being Survey**

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

### What is your age? \*



Under 25

25-34

35-44

45-54

55 and above

### What is your role in construction?



Framing
Stucco
Landscaping

Mechanical

Electrical

Superintendent

Other:

How many years have you been working in construction?



Less than 1 ye	eai
----------------	-----

$\Box$	1−5 \	/ears
--------	-------	-------

6-10 years
------------

More than 10 years

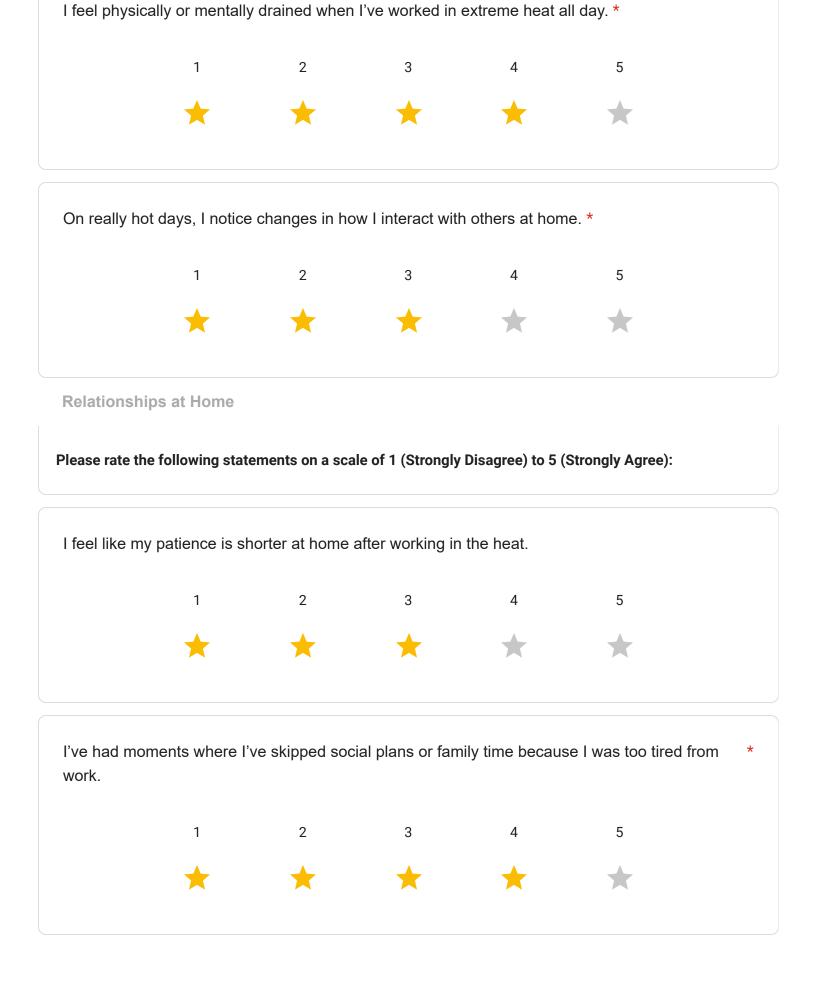
#### **General Context**

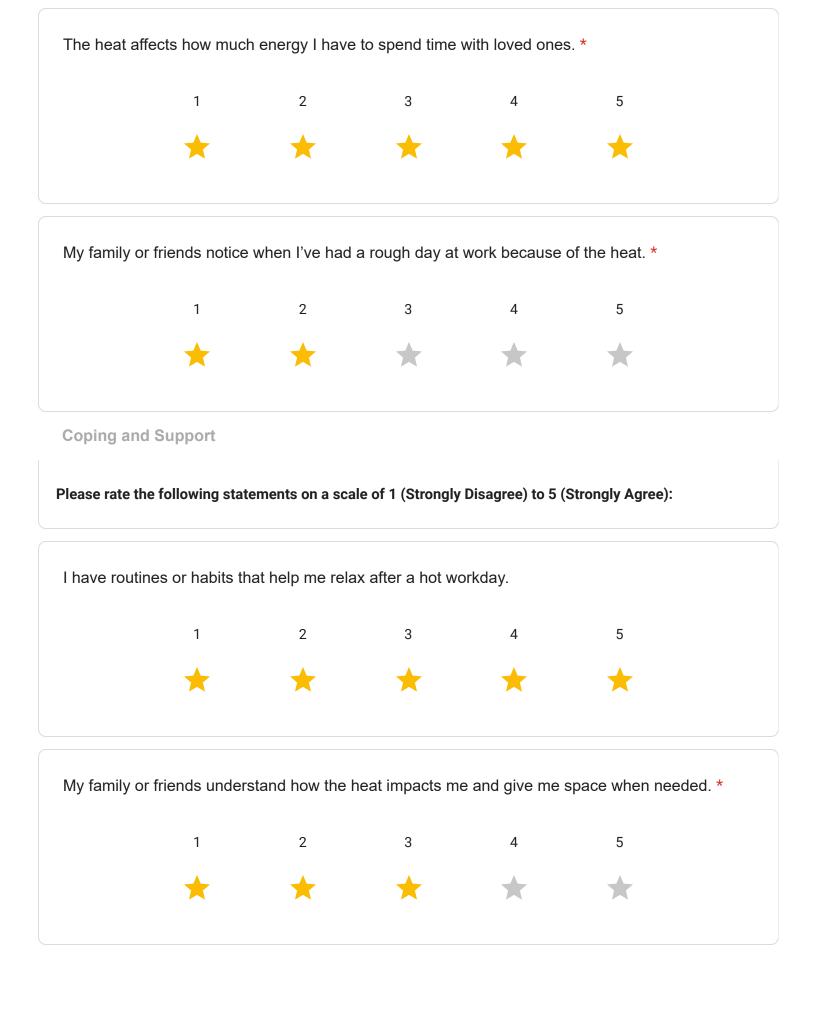
This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

How do you usually feel when you get home after a long day working in the heat?

I feel absolutely wiped and I feel like I can't do anything for the rest of the day

How often do you feel the	heat from w	ork affects you	ur mood at hor	ne?	
Never					
Rarely					
✓ Sometimes					
Often					
Always					
How does working in extremwhen you get home?	ne heat affect	your appetite,	energy to prepa	re meals, or what	you eat
I feel starved and want to eat b	out have no ene	rgy to prepare fo	od.		
Impact on Energy and Mo	od				
Please rate the following state	ments on a sca	ale of 1 (Strongly	Disagree) to 5 (	Strongly Agree):	
After a hot workday, I feel lil	ke I need extra	a time to recha	rge before doin	g anything else.	
1	2	3	4	5	
*	*	*	*	*	
The heat sometimes makes	it hard for me	e to enjoy my u	sual activities a	t home. *	
1	2	3	4	5	
*	*	*	*	*	





re devel	oped ways to talk	about now wo	ork affects me v	vith the people	m close to. *
	1	2	3	4	5
	*	*	*	*	*
When I'm	recovering from	a hot day, I fee	el supported by	the people arou	ınd me. *
	1	2	3	4	5
	*	*	*	*	*
Reflection	ns and Insights				
_	ection is optional! e too. Your input h		•	•	er not to answer, that's sure!
What hel	os you bounce l	oack after woi	king in extren	ne heat?	
	and something co				

Have you noticed any patterns in how heat affects your energy, mood, or relationships? If yes, what are they?

Yes, I've had much less patience with everyone I know and can't handle when they begin to exxagerate situations



That my home was quieter and i can have more alone time.

You're all done!

Thank you for participating! Your insights will help us better understand how heat impacts workers' lives and how we can create positive change.

This content is neither created nor endorsed by Google.