

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: 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 the heat from work affects your mood at home?

- ☐ Never
- ☐ Rarely
- ☒ Sometimes
- ☐ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

Poor decisions

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.



The heat sometimes makes it hard for me to enjoy my usual activities at home. *



I feel physically or mentally drained when I've worked in extreme heat all day. *

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On really hot days, I notice changes in how I interact with others at home. *

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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.

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I've had moments where I've skipped social plans or family time because I was too tired from work. *

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The heat affects how much energy I have to spend time with loved ones. *

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My family or friends notice when I've had a rough day at work because of the heat. *

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Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.

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My family or friends understand how the heat impacts me and give me space when needed. *

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

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When I'm recovering from a hot day, I feel supported by the people around me. *

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Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

Sleep

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

Irritable

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.

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- ☐ 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 the heat from work affects your mood at home?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☒ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

I don't have any appetite to eat after working in the heat.

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.



The heat sometimes makes it hard for me to enjoy my usual activities at home. *



I feel physically or mentally drained when I've worked in extreme heat all day. *

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On really hot days, I notice changes in how I interact with others at home. *

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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.

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I've had moments where I've skipped social plans or family time because I was too tired from work. *

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The heat affects how much energy I have to spend time with loved ones. *

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My family or friends notice when I've had a rough day at work because of the heat. *

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Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.

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My family or friends understand how the heat impacts me and give me space when needed. *

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

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When I'm recovering from a hot day, I feel supported by the people around me. *

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Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

A back massage or a back scratch.

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.

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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? *



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- ☐ 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?

Tired

How often do you feel the heat from work affects your mood at home?

- ☐ Never
- ☐ Rarely
- ☒ Sometimes
- ☐ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

No energy to prepare a meal unless it is dinner for two people. Once I get home from work I'm too tired to pick up or cook.

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.

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The heat sometimes makes it hard for me to enjoy my usual activities at home. *

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I feel physically or mentally drained when I've worked in extreme heat all day. *

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On really hot days, I notice changes in how I interact with others at home. *

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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.

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I've had moments where I've skipped social plans or family time because I was too tired from work. *



The heat affects how much energy I have to spend time with loved ones. *



My family or friends notice when I've had a rough day at work because of the heat. *



Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.



My family or friends understand how the heat impacts me and give me space when needed. *

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

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When I'm recovering from a hot day, I feel supported by the people around me. *

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Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

Sleep

.....

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.

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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? *



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What is your role in construction?



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- ☐ 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 the heat from work affects your mood at home?

- ☐ Never
- ☐ Rarely
- ☒ Sometimes
- ☐ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

No energy to do anything

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.



The heat sometimes makes it hard for me to enjoy my usual activities at home. *



I feel physically or mentally drained when I've worked in extreme heat all day. *

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On really hot days, I notice changes in how I interact with others at home. *

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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.

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I've had moments where I've skipped social plans or family time because I was too tired from work. *

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The heat affects how much energy I have to spend time with loved ones. *

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My family or friends notice when I've had a rough day at work because of the heat. *

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Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.

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My family or friends understand how the heat impacts me and give me space when needed. *

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

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When I'm recovering from a hot day, I feel supported by the people around me. *

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Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

Shower and sleep

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

Just irritable

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!

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- ☐ 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 the heat from work affects your mood at home?

- ☐ Never
- ☐ Rarely
- ☒ Sometimes
- ☐ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

Less appetite, thirsty

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.



The heat sometimes makes it hard for me to enjoy my usual activities at home. *



I feel physically or mentally drained when I've worked in extreme heat all day. *

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On really hot days, I notice changes in how I interact with others at home. *

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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.

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I've had moments where I've skipped social plans or family time because I was too tired from work. *

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The heat affects how much energy I have to spend time with loved ones. *



My family or friends notice when I've had a rough day at work because of the heat. *



Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.



My family or friends understand how the heat impacts me and give me space when needed. *



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

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When I'm recovering from a hot day, I feel supported by the people around me. *

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Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

Fluids and shower

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

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



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.

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What is your age? *



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What is your role in construction?



- ☐ Framing
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- ☐ 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 the heat from work affects your mood at home?

- ☐ Never
- ☒ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

Hard to prepare meal due to lack of energy.

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.



The heat sometimes makes it hard for me to enjoy my usual activities at home. *



I feel physically or mentally drained when I've worked in extreme heat all day. *

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On really hot days, I notice changes in how I interact with others at home. *

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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.

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I've had moments where I've skipped social plans or family time because I was too tired from work. *

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The heat affects how much energy I have to spend time with loved ones. *

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My family or friends notice when I've had a rough day at work because of the heat. *

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Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.

1



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My family or friends understand how the heat impacts me and give me space when needed. *

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

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When I'm recovering from a hot day, I feel supported by the people around me. *

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Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

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.

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



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.

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- ☐ 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 you feel the heat from work affects your mood at home?

- ☐ Never
- ☒ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

It doesn't bother me.

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.



The heat sometimes makes it hard for me to enjoy my usual activities at home. *



I feel physically or mentally drained when I've worked in extreme heat all day. *

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On really hot days, I notice changes in how I interact with others at home. *

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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.

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I've had moments where I've skipped social plans or family time because I was too tired from work. *

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The heat affects how much energy I have to spend time with loved ones. *

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My family or friends notice when I've had a rough day at work because of the heat. *

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Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.

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My family or friends understand how the heat impacts me and give me space when needed. *

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

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When I'm recovering from a hot day, I feel supported by the people around me. *

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Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

.....

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

.....

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



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.

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- ☐ 25–34
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- ☐ 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 the heat from work affects your mood at home?

- ☐ Never
- ☐ Rarely
- ☒ Sometimes
- ☐ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

I heat up something.

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.



The heat sometimes makes it hard for me to enjoy my usual activities at home. *



I feel physically or mentally drained when I've worked in extreme heat all day. *

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On really hot days, I notice changes in how I interact with others at home. *

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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.

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I've had moments where I've skipped social plans or family time because I was too tired from work. *

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The heat affects how much energy I have to spend time with loved ones. *

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My family or friends notice when I've had a rough day at work because of the heat. *

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Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.

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My family or friends understand how the heat impacts me and give me space when needed. *

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

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When I'm recovering from a hot day, I feel supported by the people around me. *

1



2



3



4



5



Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

I do what my body tells me to do.

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

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

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



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.

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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?

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 work affects your mood at home?

- ☐ Never
- ☐ Rarely
- ☒ Sometimes
- ☐ Often
- ☐ Always

How does working in extreme heat affect your appetite, energy to prepare meals, or what you eat when you get home?

I feel starved and want to eat but have no energy to prepare food.

Impact on Energy and Mood

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

After a hot workday, I feel like I need extra time to recharge before doing anything else.



The heat sometimes makes it hard for me to enjoy my usual activities at home. *



I feel physically or mentally drained when I've worked in extreme heat all day. *

1



2



3



4



5



On really hot days, I notice changes in how I interact with others at home. *

1



2



3



4



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



2



3



4



5



I've had moments where I've skipped social plans or family time because I was too tired from work. *

1



2



3



4



5



The heat affects how much energy I have to spend time with loved ones. *

1



2



3



4



5



My family or friends notice when I've had a rough day at work because of the heat. *

1



2



3



4



5



Coping and Support

Please rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

I have routines or habits that help me relax after a hot workday.

1



2



3



4



5



My family or friends understand how the heat impacts me and give me space when needed. *

1



2



3



4



5



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

1



2



3



4



5



When I'm recovering from a hot day, I feel supported by the people around me. *

1



2



3



4



5



Reflections and Insights

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you bounce back after working in extreme heat?

Some sleep and something cold and sweet.

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 exaggerate situations

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



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.

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