THE CURRENT HEAT STESS SITUATION IN YOUR WORKPLACE

NOTE: If the humidex is above 30° or the temperature is above 26°C, this calculation should be repeated at least once each hour.

Based on the information you have provided, the block highligted below indicates the current situation in your workplace

HUMIDEX	RESPONSE
25 – 29	• **Supply** water to workers on an "as needed" basis
30 – 33	• **Post** Heat Stress Alert notice. • **Encourage** workers to drink extra water. • **Start** recording hourly temperature and relative humidity.
34 – 37	• **Post** Heat Stress Warning notice. • **Notify** workers that they need to drink extra water. • **Ensure** workers are trained to recognize symptoms.
38 – 39	• **Work** with 15 minutes relief per hour can continue. • **Provide** adequate cool (10-15°C) water – at least 1 cup (240 mL) of water every 20 minutes. • **Seek** medical attention if experiencing symptoms.
40 – 41	• **Work** with **30 minutes relief per hour** can continue in addition to the provisions listed above.
42 – 44	• **Work** with **45 minutes relief per hour** can continue if feasible, in addition to the provisions listed above.
45 or over	• Only **medically supervised work** can continue.

NEVER IGNORE ANYONE'S SYMPTOMS – REGARDLESS OF THE MEASUREMENT!

Contact Emergency Services (911) if you suspect a serious heat-related illness / injury.

CAUTION:
- You have unconfirmed assumptions. See Assumptions below.
- The measurements you input were NOT taken close enough to the workstation and thus the calculated result may not be representative of actual working conditions.
- Be aware that typical measurement errors are ±0.5°C and ±5% relative humidity which is roughly equivalent to an **error range** of 2-2.5°C WBGT or a humidex range of 4-5°. Taking such an error range into account could move the result **one category higher or lower** in the table above.

WARNING: You have indicated that you are working outdoors in direct sun so your heat stress level cannot be calculated accurately using this WBGT Estimate Method. You should consider using the WGBT Detailed Method for a more accurate result when exposed to direct sunlight or radiant heat.

ASSUMPTIONS: The following assumptions are being used to calculate the heat stress level based on the answers you provided to the questions:

Status

- All measurements being used were taken within 30 feet of the work being done.
- Exposed workers have the knowledge to deal with heat stress.
- Typical clothing is being worn.
- There is no exposure to radiant heat or moisture sources.
- The workload is considered to be light / moderate.

LEGEND: Confirmed | Review | Not satisfied | Unconfirmed*

NOTE: For an accurate heat stress measurement all status boxes should be **green**.

Use the EDIT icon beside each question to change the status.
Use the INFO icon beside each question to learn more.

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