



25-29°C	Supply water as needed
30-33°C	Post Heat Stress Alert ; encourage workers to drink water; record hourly temperature and relative humidity
34-37°C	Post Heat Stress Warning ; notify workers to drink water; ensure workers can recognize heat stress symptoms
38-39°C	Provide 15 minutes of relief every hour; provide at least 1 cup (250mL) of cool (10 – 15°C) water every 20 minutes; symptomatic workers should seek medical attention
40-42°C	Provide 30 minutes relief per hour in addition to the provisions listed previously
43-44°C	If feasible provide 45 minutes of relief per hour in addition to the provisions listed previously; if not feasible then stop work until the Humidex is 42°C or less
45+°C	Stop work until the Humidex is 44°C or less

HEAT STRESS AWARENESS TOOL

HEAT STRESS

RECOGNIZE THE SYMPTOMS...

weakness, fatigue & dizziness

LEARN HOW TO PROTECT YOURSELF!

- DRINK WATER
- WEAR LIGHT, LOOSE, COTTON CLOTHING
- KEEP YOUR HEAD COVERED
- TAKE FREQUENT BREAKS
- SAVE STRENUOUS WORK FOR A COOLER PART OF THE DAY

keep your cool!

