






Safety Partnership Heat Stress Guideline: Revised April 20, 2017

Heat Stress Controls for Various Humidex Ranges & Working Conditions (for unacclimatized workers)

CONDITIONS	LIGHT	MODERATE	HEAVY
WORK	<ul style="list-style-type: none"> Sitting with light manual work with hands or hands and arms, and driving Standing with some light arm work and occasional walking 	<ul style="list-style-type: none"> Sustained moderate hand and arm work Moderate arm and leg work Moderate arm and trunk work Light pushing and pulling Normal walking 	<ul style="list-style-type: none"> Intense arm and trunk work Carrying and shoveling Manual sawing Pushing and pulling heavy loads Walking at a fast pace
CLOTHING	<ul style="list-style-type: none"> Less than moderate clothing 	<ul style="list-style-type: none"> Loose fitting outer layer (e.g. coveralls) plus cotton T-shirt and shorts 	<ul style="list-style-type: none"> Protective clothing over moderate clothing (e.g. disposable coveralls, chemical suits, full-face respirator)
RADIANT HEAT	<ul style="list-style-type: none"> Temperature controlled, cooled environment 	<ul style="list-style-type: none"> Partial sunlight 	<ul style="list-style-type: none"> Direct sunlight Near other radiant heat sources (e.g. furnace, boiler, hot equipment etc.)
ACTION	<ul style="list-style-type: none"> For light conditions, consider decreasing one colour category in table below 	<ul style="list-style-type: none"> For moderate conditions use the colour categories in table below 	<ul style="list-style-type: none"> For heavy conditions, increase at least one colour category in table below

CATEGORY	HUMIDEX RANGES	ACTIONS	LIQUIDS
GREEN 	33C to < 38C (91.4F to < 100.4F)	<ul style="list-style-type: none"> Issue recognition/ alerts 	<ul style="list-style-type: none"> Drink water
YELLOW 	38C to < 40C (100.4F to <104F)	<ul style="list-style-type: none"> Reduce physical activity to 45 minutes per hour 	<ul style="list-style-type: none"> Drink 1 cup of water every 20 minutes
ORANGE 	40C to < 42C (104F to < 107.6F)	<ul style="list-style-type: none"> Reduce physical activity to 30 minutes per hour 	<ul style="list-style-type: none"> Drink 1 cup of water every 20 minutes
RED 	≥ 42C to < 45C ≥ 107.6F to 113F	<ul style="list-style-type: none"> Stop all non-essential work Essential work can proceed with controls (e.g. modified work hours, work rotation, fans etc.) 	<ul style="list-style-type: none"> Drink 1 cup of water every 20 minutes
BLACK 	≥ 45C ≥ 113F	<ul style="list-style-type: none"> Stop all non-essential work Essential work can proceed with controls Begin physiological monitoring (oral temperature and pulse) 	<ul style="list-style-type: none"> Drink 1 cup of water every 20 minutes

NOTE 1: Time away from physical activity is to be taken in shaded area, near work location

NOTE 2: Humidex is to be measured in direct sunlight at worksite

NOTE 3: This guideline is designed for non-acclimatized workers conducting moderate work in FRC coveralls wearing only cotton undergarments

NOTE 4: This is a guidance document only. Work may be stopped prior to the Red Alert due to the impact of breaks on productivity