

Working INDOORS in **HOT/ HUMID** Conditions

Symptoms of heat stress include:



Weakness



Fatigue



Dizziness

HUMIDEX RISK

RECOMMENDED ACTIONS / PROVISIONS

**45+
EXTREME**

Only **medically supervised** work should continue
Humidex exposures above 45, heat stress should be managed as per the ACGIH TLV®

**42-44
SEVERE**

Work with **45 minutes** relief per hour can continue – in addition to the provisions listed below

**40-41
SIGNIFICANT**

Work with **30 minutes** relief per hour can continue – in addition to the provisions listed below

**38-39
MODERATE**

Work with 15 minutes relief per hour can continue:

- **Provide** adequate cool (10-15°C) water
- **Drink** at least 1 cup (240 mL) of water every 20 minutes

Note: Worker(s) with symptoms should seek medical attention

**34-37
MORE**

- **Post** Heat Stress Warning notice
- **Notify** workers that they need to drink extra water
- **Ensure** workers are trained to recognize symptoms

**30-33
SOME**

- **Post** heat stress alert notice
- **Encourage** workers to drink extra water
- **Record** hourly temperature and relative humidity

**25-29
NONE**

- **Supply** water to workers on an “as needed” basis

Never ignore anyone’s symptoms – despite what the measurements indicate

FAINTING, HEAT EXHAUSTION AND HEAT STROKE REQUIRE IMMEDIATE MEDICAL ASSISTANCE

General controls apply to unacclimatized* workers and include:



Providing annual heat stress training



Encouraging adequate fluid replacement



Permitting self-limitation of exposure



Encouraging watching out for symptoms in co-workers



Adjusting expectations for workers coming back to work after an absence.

*NOTE: Most workers in Ontario would be considered “unacclimatized”

Determine the current humidex using our web calculator
and get **further guidance** on working in heat / humidity

