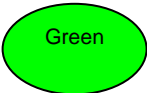
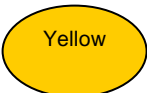

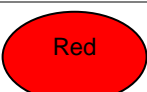


## Heat Stress Controls for Various Humidex Ranges and Working Conditions (No acclimatization)

Conditions	Light	Normal	Heavy
<b>Work</b>	Sitting with light manual work with hands or hands and arms, and driving. Standing with some light arm work and occasional walking.	Sustained moderate hand and arm work, moderate arm and leg work, moderate arm and trunk work, or light pushing and pulling. Normal walking.	Intense arm and trunk work, carrying, shoveling, manual sawing; pushing and pulling heavy loads; walking at a fast pace.
<b>Clothing</b>	Less than normal clothing	Loose-fitting outer layer (e.g. coveralls) plus cotton T-shirt and shorts	Protective clothing over normal clothing (e.g. disposable coveralls, chemical suits, full-face respirators)
<b>Radiant Heat</b>	Temperature controlled, cooled environment	Intermittent sunlight	Near other radiant heat source (e.g. furnace, boiler, hot equipment, etc.)
<b>NOTES</b>	For light conditions consider decreasing one colour category in Table below	For moderate conditions use Colour categories in Table below	For heavy conditions increase at least one colour category in Table below

**Table**

Category	Humidex Ranges	Actions	Liquids
 Green	33 to < 38	<ul style="list-style-type: none"> <li>Issue recognition/ alerts</li> </ul>	<ul style="list-style-type: none"> <li>Drink water</li> </ul>
 Yellow	38 to < 40	<ul style="list-style-type: none"> <li>Reduce physical activity to 45 minutes/hour</li> <li>Slower pace</li> </ul>	<ul style="list-style-type: none"> <li>Drink 1 cup of water every 20 minutes</li> </ul>
 Orange	40 to < 42	<ul style="list-style-type: none"> <li>Reduce physical activity to 30 minutes/hour</li> <li>Slower pace</li> </ul>	<ul style="list-style-type: none"> <li>Drink 1 cup of water every 20 minutes</li> </ul>
 Red	≥ 42	<ul style="list-style-type: none"> <li>Stop all non-essential work</li> <li>Essential work can proceed with controls (e.g. modified work hours, work rotation, fans, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Drink 1 cup of water every 20 minutes</li> </ul>

**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.

**Note 4:** Each site should consider adding 2 degrees C to the Humidex reading when continuous, direct sunlight is prevalent.