

## Heat stress action chart

Conditions/actions listed below apply to **unacclimatized workers**. Never ignore symptoms. Refer to *Heat Stress Awareness Guide* for extra clothing and/or radiant heat conditions.

HUMIDEX	ACTION RECOMMENDED
<b>LOW</b> 30-37	Post heat stress alerts     Drink water
<b>MEDIUM</b> 38-39	<ul> <li>Reduce physical activity (e.g., slower pace, more breaks)</li> <li>Drink a cup of water every 20-30 minutes</li> </ul>
MODERATE 40-41	<ul><li>Further reduce physical activity</li><li>Drink a cup of water every 15-20 minutes</li></ul>
<b>HIGH</b> 42-44	<ul> <li>Severely curtail physical activity</li> <li>Ensure sufficient rest/recovery time</li> <li>Drink a cup of water every 10-15 minutes</li> </ul>
EXTREME 45+	Hazardous to continue physical activity

5251A (04/07) © 2007 WSIB Ontario, Printed in Canada detailed information. Awareness Guide for more 4. Refer to the Heat Stress mended action. instruction chart for recom-3. Refer to the colour on the humidity value on the left axis. temperature. Then, find the Z. Turn the wheel to display the workplace Measure workplace temperature & humidity. :loot sidt seu ot woH weakness, fatigue, & dizziness RECOGNIZE THE SYMPTOMS... AENT STRESS AWARENESS TARK

Once cutting and folding is complete, insert wheel so that the coloured side shows through the cut-out wedge.

Insert fastener at small black dot below the wedge to hold together, and rotate wheel.

Cut along vertical edges.

Fold on dotted line.

