

Humidex Heat Stress Response Plan

Humidex	Response
25-29°C	supply water to workers on an “as needed” basis
30-33°C	post Heat Stress Alert notice; encourage workers to drink extra water;
34-37°C	post Heat Stress Warning notice; notify workers that they are to drink extra water; ensure workers are trained to recognize symptoms
38-39°C	take 5 minutes relief per hour; drink adequately cool (10-15°C) water; at least 1 cup (240 mL) of water every 20 minutes workers with symptoms should seek medical attention
40-42°C	provide 15 minutes relief per hour in addition to the provisions listed previously;
43-44°C	if feasible provide 45 minutes relief per hour in addition to the provisions listed above. if a 75% relief period is not feasible then stop work until the Humidex is 42°C or less;
45°C or over	stop work until the Humidex is 44°C or less