

Humidex Heat Based Response Plan

** Note that individual tolerances to heat and humidity vary from person to person and you should be aware of your own response to heat

Humidex Range	Comfort Level	Humidex Response
20-29	Comfortable	25-29 drink water as needed to remain hydrated
30-39	Some Discomfort Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear seek medical attention immediately.	30-34 drink extra water 35-39 drink a 250 ml of water every 20 mins. Take small cool breaks every hour of work depending on need.
40-45	Great Discomfort Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear seek medical attention immediately.	40-41 Limit heavy exertion. Depending on need, take 15 minutes relief per hour, as well as drinking water or electrolytes 42-44 Limit moderate to heavy exertion. Alternate with light work in a cool environment or 30 min. break period as needed. Drink lots of water and electrolytes
45 +	Dangerous	45 + only medically supervised work can continue
54+	Heat Stroke Imminent	54+ do not work in these conditions

EHS-0002

Humidex Heat Based Response Plan

** Note that individual tolerances to heat and humidity vary from person to person and you should be aware of your own response to heat

Humidex Range	Comfort Level	Humidex Response
20-29	Comfortable	25-29 drink water as needed to remain hydrated
30-39	Some Discomfort Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear seek medical attention immediately.	30-34 drink extra water 35-39 drink a 250 ml of water every 20 mins. Take small cool breaks every hour of work depending on need.
40-45	Great Discomfort Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear seek medical attention immediately.	40-41 Limit heavy exertion. Depending on need, take 15 minutes relief per hour, as well as drinking water or electrolytes 42-44 Limit moderate to heavy exertion. Alternate with light work in a cool environment or 30 min. break period as needed. Drink lots of water and electrolytes
45 +	Dangerous	45 + only medically supervised work can continue
54+	Heat Stroke Imminent	54+ do not work in these conditions

EHS-0002

Humidex Heat Based Response Plan

** Note that individual tolerances to heat and humidity vary from person to person and you should be aware of your own response to heat

Humidex Range	Comfort Level	Humidex Response
20-29	Comfortable	25-29 drink water as needed to remain hydrated
30-39	Some Discomfort Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear seek medical attention immediately.	30-34 drink extra water 35-39 drink a 250 ml of water every 20 mins. Take small cool breaks every hour of work depending on need.
40-45	Great Discomfort Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear seek medical attention immediately.	40-41 Limit heavy exertion. Depending on need, take 15 minutes relief per hour, as well as drinking water or electrolytes 42-44 Limit moderate to heavy exertion. Alternate with light work in a cool environment or 30 min. break period as needed. Drink lots of water and electrolytes
45 +	Dangerous	45 + only medically supervised work can continue
54+	Heat Stroke Imminent	54+ do not work in these conditions

EHS-0002

Humidex Heat Based Response Plan

** Note that individual tolerances to heat and humidity vary from person to person and you should be aware of your own response to heat

Humidex Range	Comfort Level	Humidex Response
20-29	Comfortable	25-29 drink water as needed to remain hydrated
30-39	Some Discomfort Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear seek medical attention immediately.	30-34 drink extra water 35-39 drink a 250 ml of water every 20 mins. Take small cool breaks every hour of work depending on need.
40-45	Great Discomfort Watch for symptoms like nausea, vomiting, dizziness, blurred vision, etc. If they appear seek medical attention immediately.	40-41 Limit heavy exertion. Depending on need, take 15 minutes relief per hour, as well as drinking water or electrolytes 42-44 Limit moderate to heavy exertion. Alternate with light work in a cool environment or 30 min. break period as needed. Drink lots of water and electrolytes
45 +	Dangerous	45 + only medically supervised work can continue
54+	Heat Stroke Imminent	54+ do not work in these conditions

EHS-0002