Heat Illness Guidelines and Heat Index Table



- **1.** Monitor temperature and humidity throughout the day using a handheld temperature humidity meter.
- 2. Take hourly measurements during peak summer months usually from 1 July to September annually (It is good practice to keep record of your readings, date, time, location, temperature, humidity, and Humidex readings).
- **3.** Locate the Humidex Value by plotting the temperature and humidity readings on the Heat Stress Table.
- 4. Use the Humidex Value to identify the danger category on the Heat Index Table.
- 5. Communicate real-time results to managers, supervisors and workers with recommended resting and water intake guides, for example by SMS.
- 6. Check and monitor that precautions are taken.

Note!

HEAT STRESS TABLE Relative Humidity % 5 10 15 20 25 30 35 40 45 5. 60 65 70 75 80 85 90 95 100 Relative Humidity 49_ Reading 31.6 °C 47 51 47 51 53.3 % [emperature (°C) 47 50 48 51 46 48 Temperature Reading 43 46 **38 39 41 43 46 49 51** 37 37 41 43 46 48 51 39 41 43 45 48 36 38 39 48 50 34 34 34 34 35 37 38 44 47 48 51 32 32 32 32 33 33 33 33 33 34 36 37 39 40 42 44 47 49 31 31 31 21 31 32 30 30 30 30 30 30 30 30 31 Humidex Value is between: 33 - 39 HEAT INDEX TABLE which is at Extreme Caution level. Humidex Heat Syndrome Recommended Resting Recommended Danger Category Value Water Intake Time Normal/Scheduled Caution 27 - 32 Fatigue is possible with prolonged 1 Glass/20 minutes exposure and activity. Continuing activity could result in heat cramps 33 - 39 Extreme caution: heat cramps and 1 Glass/15 minutes 7 minutes per hour Extreme exhaustion are possible. Continuing activity could result in heat stroke. Caution As at 13:00 -Danger 40 - 51 Danger: heat cramps and heat 1 Glass/10 minutes 10 minutes/hour. Control Notification working at heights exhaustion are likely. Heat stroke is Heat Stress via probable with continued activity closely or stop work. Warning – AMBER - Extreme Caution mobile SMS continue for specific activities, with a specific - 7 minutes rest plan, risk assessment and approval from per hour take 1 glass water every 15 minutes

1 Glass = 250 ml. DO NOT drink more than 1.5 liters per hour (maximum water absorption rate of body)

NEVER IGNORE ANYONE'S SYMPTOMS DESPITE YOUR MEASUREMENTS!

Got suggestions or questions? M healthandsafetymatters@kaust.edu.sa