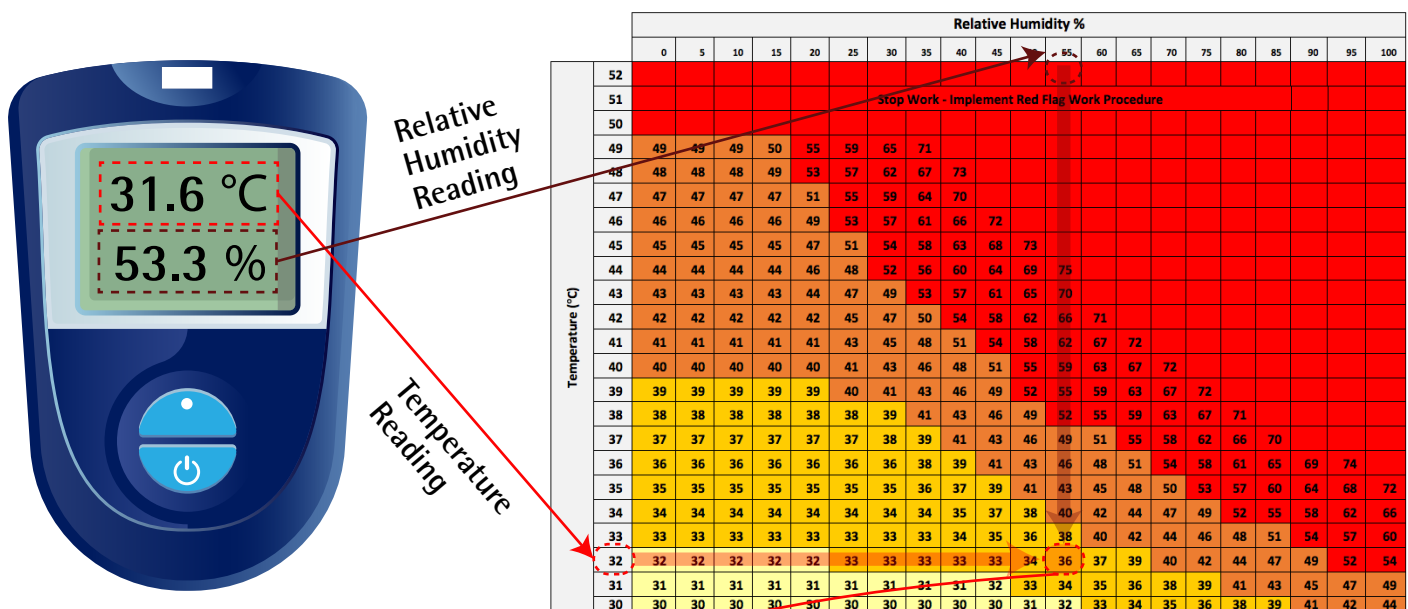


Heat Illness Guidelines and Heat Index Table

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.

HEAT STRESS TABLE

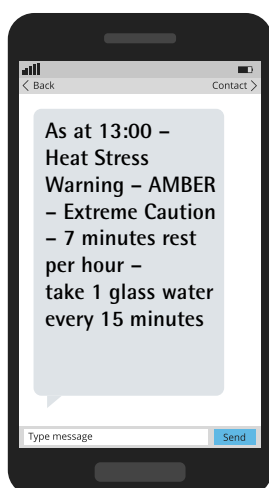


Humidex Value is between: 33 – 39
which is at Extreme Caution level.

HEAT INDEX TABLE

Danger Category	Humidex Value	Heat Syndrome	Recommended Resting Time	Recommended Water Intake
Caution	27 - 32	Fatigue is possible with prolonged exposure and activity. Continuing activity could result in heat cramps.	Normal/Scheduled	1 Glass/20 minutes
Extreme Caution	33 - 39	Extreme caution: heat cramps and - exhaustion are possible. Continuing activity could result in heat stroke.	7 minutes per hour	1 Glass/15 minutes
Danger	40 - 51	Danger: heat cramps and heat exhaustion are likely. Heat stroke is probable with continued activity.	10 minutes/hour. Control working at heights closely or stop work.	1 Glass/10 minutes
Extreme Danger	>52	Heat stroke is imminent.	All non-protected work stop. Work can only continue for specific activities, with a specific plan, risk assessment and approval from KAUST HSE.	

Notification
via
mobile SMS



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!