

Monitor and Manage Heat Stress

Heat stress can cause heat cramps, heat exhaustion and heat stroke, which can be fatal. To prevent heat-related injuries, follow these measures to monitor and manage heat stress at the workplace.

Measure WBGT to assess heat stress risk

The Wet Bulb Globe Temperature (WBGT) is a common measure of heat stress risk based on environmental conditions such as air temperature, air humidity, air movement and solar radiation.

Besides measuring WBGT, risk assessment for heat stress should also take into consideration job activities and personal risk factors.

WBGT	Heat Stress Risk Level
< 31°C	Low
31°C to 31.9°C	Moderate
≥ 32°C	High

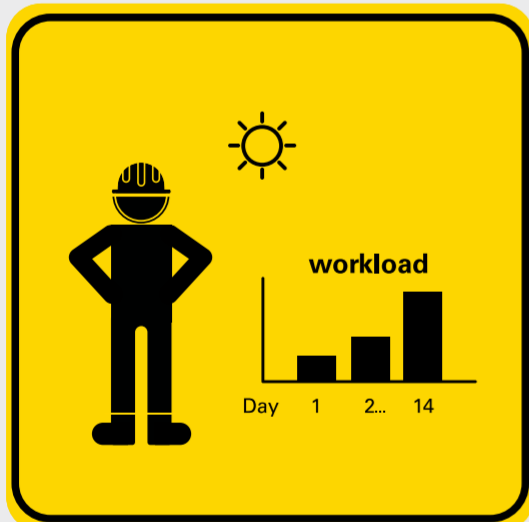
Where to measure WBGT

Place the WBGT meter close to where workers are working indoors/outdoors, e.g. under direct sun or near hot working environment.



Implement these control measures

Acclimatise



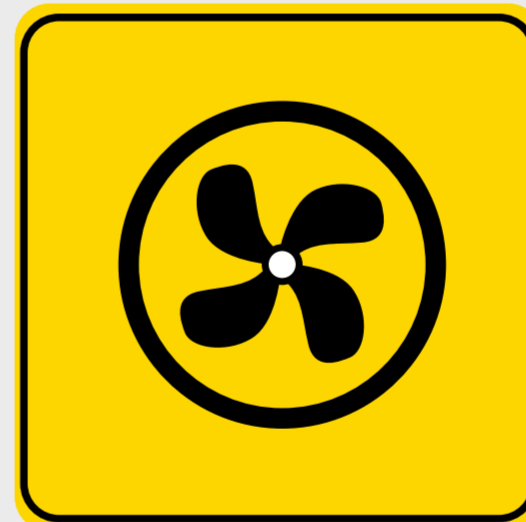
Hydrate



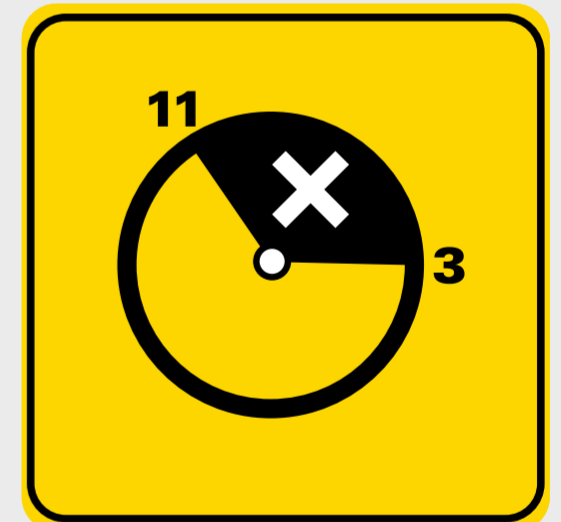
Provide shade



Ventilate

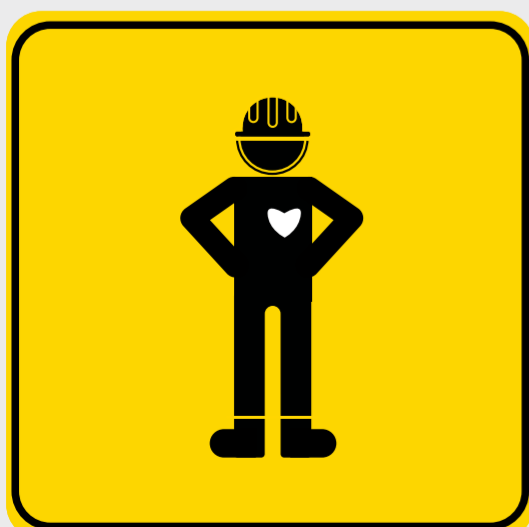


Reschedule work



Communicate the risk

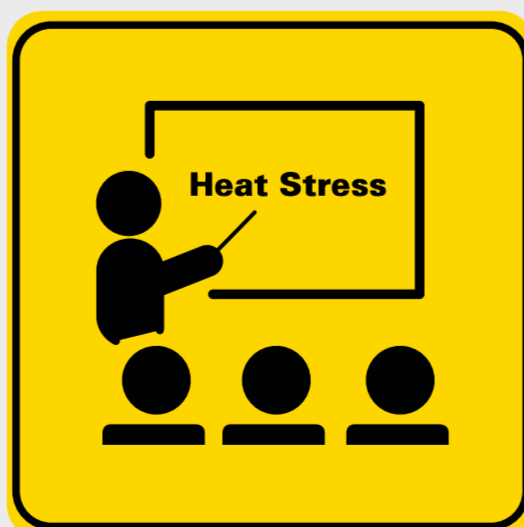
Monitor workers' well-being



Recognise signs and symptoms



Training



First-aid and emergency response

