WSH Forum on Heat Stress Management 2023 Resources

Workplace Safety and Health Guidelines on Managing Heat Stress in the Workplace

Scan the QR code or click on image to download the Guidelines.

Workplace Safety and Health Guidelines
Managing Heat Stress in the Workplace
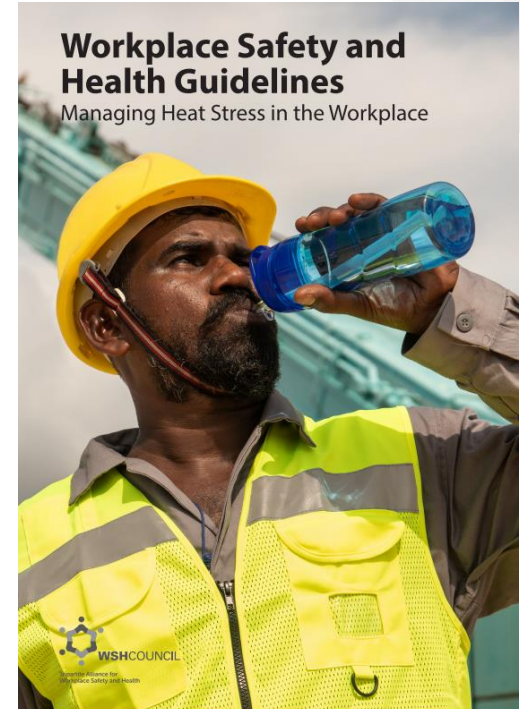
WSHCOUNCIL
Tripartite Alliance for
Workplace Safety and Health

"Monitor and Manage Heat Stress at the Workplace" Poster

Scan the QR code or click on image to download the poster.

Heat Stress Management Compliance Checklist

Scan the QR code or click on image to download the compliance checklist.

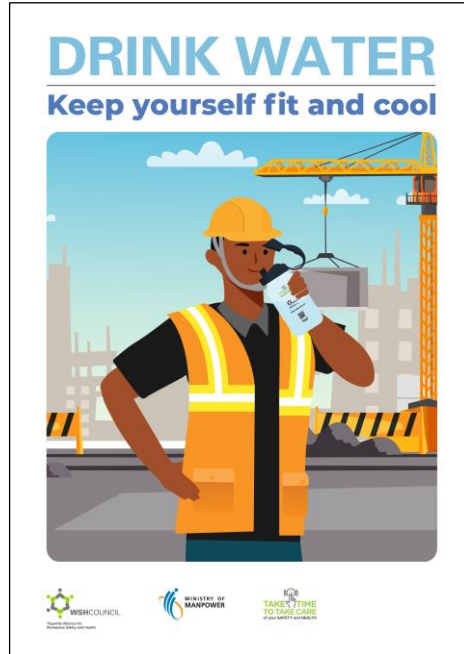Heat Stress Management Compliance Checklist

Risk Management		Yes	No	Follow-up
1	Conduct risk assessment and include heat stress hazard for outdoor work activities	☐	☐	
2	Monitor Wet Bulb Globe Temperature[1] at the workplace to assess heat stress risk	☐	☐	
3	Identify workers vulnerable to heat stress and make re-deployment arrangements for vulnerable workers when required	☐	☐	
Heat Acclimatisation & Work Rescheduling		Yes	No	Follow-up
4	Implement heat acclimatisation programme for workers who are: a) Newly assigned to outdoor work b) New or returning from countries with a cold climate c) Returning from long leave (more than 1 week) d) Recovering from prolonged illness	☐	☐	
5	Reschedule heavy physical work to cooler periods of the day	☐	☐	
6	Schedule frequent short breaks for workers under shade	☐	☐	
Adequate Water Intake		Yes	No	Follow-up
7	Provide drinking water supply / facilities at locations near work areas and under shade (e.g. provide cold drinks to outdoor workers via water cooler, vending machines, cold drinks in cooler boxes)	☐	☐	
8	Schedule and supervise regular hydration of workers (at least hourly)	☐	☐	
Physical Preventive Measures		Yes	No	Follow-up
9	Provide shade to reduce direct sun exposure at rest area and work area (where practicable)	☐	☐	
10	Provide adequate ventilation at rest and work area for effective cooling (e.g. fan, air cooler)	☐	☐	
11	Provide loose-fitting and light-coloured clothing to workers	☐	☐	
12	Radiant heat sources are insulated / shielded (where applicable)	☐	☐	
13	Provide mechanical aids to reduce workers' physical workload	☐	☐	

[1] WBGT is a common and more effective measure of heat stress risk based on environmental conditions such as air temperature, humidity, air movement and solar radiation.

"Drink Water" Poster

Scan the QR code or click on image to download the poster.

English

Mandarin

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Scan the QR code or click on image to download the poster.

Bengali

Tamil

"Working in the heat can kill" Poster

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Vietnamese

Thai

Burmese

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