



Tripartite Alliance for
Workplace Safety and Health



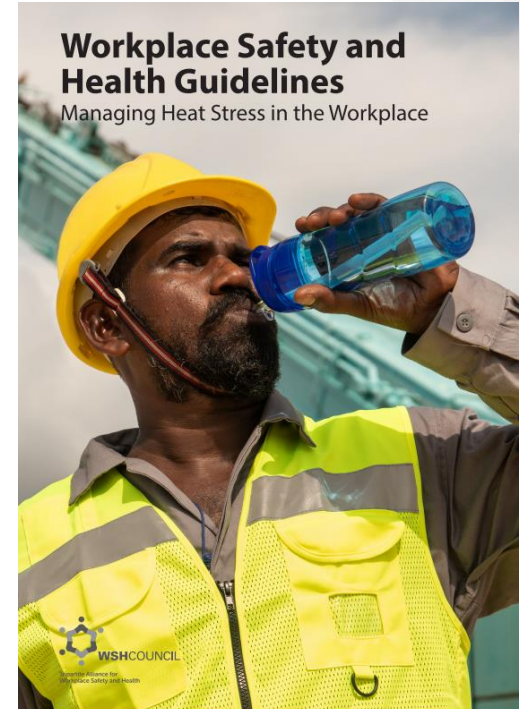
MINISTRY OF
MANPOWER

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.



“Monitor and Manage Heat Stress at the Workplace” Poster

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



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 31.5°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

Heat Stress Management Compliance Checklist

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

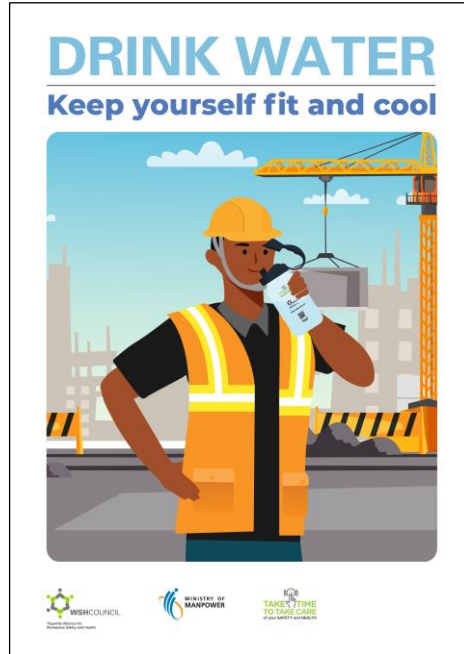


Risk Management		Yes	No	Follow-up
1	Conduct risk assessment and include heat stress hazard for outdoor work activities	<input type="checkbox"/>	<input type="checkbox"/>	
2	Monitor Wet Bulb Globe Temperature ¹ at the workplace to assess heat stress risk	<input type="checkbox"/>	<input type="checkbox"/>	
3	Identify workers vulnerable to heat stress and make re-deployment arrangements for vulnerable workers when required	<input type="checkbox"/>	<input type="checkbox"/>	
Heat Acclimatisation & Work Rescheduling		Yes	No	Follow-up
4	Implement heat acclimatisation programme for workers who are: <ul style="list-style-type: none"> 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 	<input type="checkbox"/>	<input type="checkbox"/>	
5	Reschedule heavy physical work to cooler periods of the day	<input type="checkbox"/>	<input type="checkbox"/>	
6	Schedule frequent short breaks for workers under shade	<input type="checkbox"/>	<input type="checkbox"/>	
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)	<input type="checkbox"/>	<input type="checkbox"/>	
8	Schedule and supervise regular hydration of workers (at least hourly)	<input type="checkbox"/>	<input type="checkbox"/>	
Physical Preventive Measures		Yes	No	Follow-up
9	Provide shade to reduce direct sun exposure at rest area and work area (where practicable)	<input type="checkbox"/>	<input type="checkbox"/>	
10	Provide adequate ventilation at rest and work area for effective cooling (e.g. fan, air cooler)	<input type="checkbox"/>	<input type="checkbox"/>	
11	Provide loose-fitting and light-coloured clothing to workers	<input type="checkbox"/>	<input type="checkbox"/>	
12	Radiant heat sources are insulated / shielded (where applicable)	<input type="checkbox"/>	<input type="checkbox"/>	
13	Provide mechanical aids to reduce workers' physical workload	<input type="checkbox"/>	<input type="checkbox"/>	

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

“Drink Water” Poster

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Bengali



Tamil

“Working in the heat can kill” Poster

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



“Working in the heat can kill” Poster

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

Vietnamese



Thai



Burmese



“Working in the heat can kill” Poster

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Tamil



Bengali



Mandarin

