

HEAT STRESS MEASURES TO PROTECT OUTDOOR WORKERS

As we enter the hotter months typically from March to May, it is important that workplaces are prepared to manage heat stress, especially for outdoor workers.

Employers are reminded to implement the [enhanced heat stress measures](#) announced by the Ministry of Manpower (MOM) to protect outdoor workers who face higher heat stress risks.

Some of the measures include:

- Rescheduling outdoor physical work to cooler parts of the day; and
- Monitoring the Wet Bulb Globe Temperature (WBGT) in work areas to determine heat stress risks. When the WBGT is measured to be 32°C or higher, a minimum shaded rest break of 10 minutes every hour reduces the heat accumulated in workers' bodies.

Additionally, employers should adopt the following measures at construction sites, to better manage heat stress risks:

Review emergency response plan



1. Include heat-related illnesses in annual emergency response drills.
2. Ensure first aid facilities are well-stocked with ice packs, cooling blankets, water spray, mist fans, cooling units, etc., and that they are in good working condition.

Monitor workers



1. Conduct physiological monitoring (e.g. blood pressure, heart rate) for workers before work commences to identify vulnerable workers.
2. Use visual identifiers (e.g. safety vests or sashes) to enable better supervision of new workers and workers undergoing heat acclimatisation.
3. Implement a buddy system for early recognition and intervention of heat injury.

Provide shade and ventilate workplaces



1. Provide shade at work areas and rest areas, to reduce direct sun exposure.
2. Provide air coolers at rest areas.
3. Provide loose-fitting and light-coloured clothing to workers.

For more information,
Refer to the MOM's [enhanced heat stress measures](#); and
Download the [WSH Guidelines on Managing Heat Stress in the Workplace](#) and
the [Heat Stress Management Compliance Checklist](#).