





## **Occupational Health and Safety Indoor Heat Stress Warning Notice**

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and safety is being affected by the workplace environment or task you are performing, contact your direct supervisor immediately.

Further information on heat stress topics is available on



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### Humidex-Based Heat Response Guidelines for Indoor Work or Sports Activities

(for un-acclimatized employees doing light to moderate physical indoor work, such as desk work, classroom instruction, laboratory work or custodial and maintenance work, and for indoor sports activities)

**Note:** Take the Humidex value from the Chart in Appendix A and modify it for a clothing adjustment, if required. The guidelines assume regular summer clothes, including light shirt and pants, underwear and shoes. For an employee who must wear full cotton overalls over their clothes, 5° should be added to the Humidex value. Other clothing configurations should be prorated accordingly. For example, gloves, apron and protective sleeves or a lab coat over summer clothes would add 2° to the Humidex value.

### Humidex\*