



Working in Outdoor Environments

Heat Index	Risk Level	Protective Measures
84 – 91°F	LOW	<ul style="list-style-type: none">• Remind employees that drinking water is available; and• Plan ahead for times when the heat index is higher, including heat stress prevention training.
91 – 103°F	MEDIUM	<p>In addition to the protective measures listed above:</p> <ul style="list-style-type: none">• Remind employees to drink water often (about 4 cups/hour);• Review heat-related illness topics with employees: how to recognize heat-related illness, how to prevent it, and what to do if someone gets sick;• Schedule frequent breaks in cool, shaded or air conditioned areas;• Acclimatize employees to conditions slowly; and• Set up a buddy system and watch workers for signs of heat-related illness.
103-115° F	HIGH	<p>In addition to the protective measures listed above:</p> <ul style="list-style-type: none">• Alert employees of high risk conditions;• Actively encourage employees to drink plenty of water;• Limit physical exertion;• Establish and enforce work/rest schedule;• Adjust work activities (reschedule work, pace/rotate jobs);• Use cooling techniques; and• Watch/communicate with workers at all times.
>115° F	VERY HIGH	<p>Reschedule non-essential activity for days with a reduced heat index or to a time when the heat index is lower.</p> <p>Move essential work tasks to the coolest part of the work shift; consider earlier start times, split shifts, or evening and night shifts.</p> <p>If essential work must be done, in addition to the protective measures listed above:</p> <ul style="list-style-type: none">• Alert workers of extreme heat hazards;• Establish, enforce and closely monitor work/rest schedules; and• Establish a water drinking schedule.

