### APPENDIX B: OFFICE, LABORATORY, AND HOUSING ENVIRONMENTS

<table>
<thead>
<tr>
<th>Heat Index(^A)</th>
<th>Risk Level</th>
<th>Protective Measures</th>
</tr>
</thead>
</table>
| 84°F-91°F         | Low        | ▪ Facility Services (FS) and/or Physical Plant (PP) and/or the department should provide fans for air movement in occupied spaces;  
▪ Close blinds and curtains where possible;  
▪ Turn off nonessential lights;  
▪ Provide and instruct employees to drink plenty of water;  
▪ Since employees are not likely acclimated to these conditions, monitor employees closely; and  
▪ Recommend that employees wear light-weight clothing if the indoor heat index remains elevated for more than one day.  
\(^B\) If employees must wear heavy or non-breathable protective clothing, perform strenuous activity, or work with radiant heat sources, additional precautions are necessary to protect employees from heat-related illness. |
| > 91°F            | Medium     | ▪ Follow applicable outdoor protective measures when the heat index exceeds 91°F in office, laboratory, or housing environments. |

\(^A\) Compare with the indoor heat index value calculated by Facility Services (FS) and/or Physical Plant (PP) personnel. FS and/or PP personnel should utilize the National Weather Service (NWS) heat index calculator to calculate the heat index value from the measured indoor air temperature and relative humidity level.

\(^B\) Take steps at the next highest risk level to protect employees from the added risks.