

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

Heat Index <sup>A</sup>	Risk Level	Protective Measures
84°F-91°F	Low	<ul style="list-style-type: none"> <li>▪ Facility Services (FS) and/or Physical Plant (PP) and/or the department should provide fans for air movement in occupied spaces;</li> <li>▪ Close blinds and curtains where possible;</li> <li>▪ Turn off nonessential lights;</li> <li>▪ Provide and instruct employees to drink plenty of water;</li> <li>▪ Since employees are not likely acclimated to these conditions, monitor employees closely; and</li> <li>▪ Recommend that employees wear light-weight clothing if the indoor heat index remains elevated for more than one day.</li> </ul> <p><sup>B</sup>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.</p>
> 91°F	Medium	<ul style="list-style-type: none"> <li>▪ Follow applicable outdoor protective measures when the heat index exceeds 91°F in office, laboratory, or housing environments.</li> </ul>

<sup>A</sup> 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.

<sup>B</sup> Take steps at the next highest risk level to protect employees from the added risks.