

## APPENDIX A: OUTDOOR ENVIRONMENTS

Heat Index <sup>A</sup>	Risk Level	Protective Measures
84 - 91°F	Low	<ul style="list-style-type: none"> <li>▪ Remind employees that drinking water is available; and</li> <li>▪ Plan ahead for times when the heat index is higher, including heat stress prevention training.</li> </ul> <p><sup>B</sup>If employees must wear heavy or non-breathable protective clothing, perform strenuous activity, work in the direct sunlight, or work with radiant heat sources, additional precautions are necessary to protect employees from heat-related illness.</p>
91°F - 103°F	Medium	<p>In addition to the protective measures listed above:</p> <ul style="list-style-type: none"> <li>▪ <sup>C</sup>Remind employees to drink water often (about 4 cups/hour);</li> <li>▪ 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;</li> <li>▪ Schedule frequent breaks in cool, shaded or air conditioned areas;</li> <li>▪ Acclimatize employees to conditions slowly (i.e. typically takes &gt;2 weeks); and</li> <li>▪ Set up buddy system/instruct supervisors to watch workers for signs of heat-related illness.</li> </ul> <p><sup>B</sup>If employees must wear heavy or non-breathable protective clothing, perform strenuous activity, work in the direct sun, or work with other sources of radiant heat, additional precautions are necessary to protect employees from heat-related illness.</p> <ul style="list-style-type: none"> <li>▪ Schedule activities at a time when the heat index is lower;</li> <li>▪ Develop work/rest schedules (i.e. lighten the work load); and</li> <li>▪ Monitor workers closely.</li> </ul>
103°F- 115°F	High	<p>In addition to the protective measures listed above:</p> <ul style="list-style-type: none"> <li>▪ Alert employees of high risk conditions;</li> <li>▪ <sup>C</sup>Actively encourage employees to drink plenty of water (about 4 cups/hour);</li> <li>▪ Limit physical exertion (e.g. use mechanical lifts);</li> <li>▪ Contact IUEHS to perform a heat stress assessment;</li> <li>▪ Establish and enforce work/rest schedules;</li> <li>▪ Adjust work activities (e.g., reschedule work, pace/rotate jobs);</li> <li>▪ Use cooling techniques; and</li> <li>▪ Watch/communicate with workers at all times.</li> </ul> <p><sup>B</sup>When possible, reschedule activities to a time when the heat index is lower.</p>
> 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"> <li>▪ Alert workers of extreme heat hazards;</li> <li>▪ <sup>C</sup>Establish a water drinking schedule (about 4 cups/hour);</li> <li>▪ Establish, enforce, and closely monitor work/rest schedules; and</li> <li>▪ Conduct and establish protocols for physiological monitoring (e.g., pulse, temperature, etc).</li> </ul> <p>Stop work if essential control methods are inadequate or unavailable. Strenuous work tasks and those requiring the use of heavy or non-breathable clothing or impermeable chemical protective clothing should not be conducted when the heat index is at or above 115°F.</p>

<sup>A</sup>Compare to the current heat index value given by National Weather Service (NWS) for the outdoor work location. If NWS observations are not available for the specific work location, use the heat index value for the nearest available city.

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

<sup>C</sup>Under most circumstances, fluid intake should not exceed 6 cups per hour or 12 quarts per day. This makes it particularly important to reduce work rates, reschedule work, or enforce work/rest schedules.