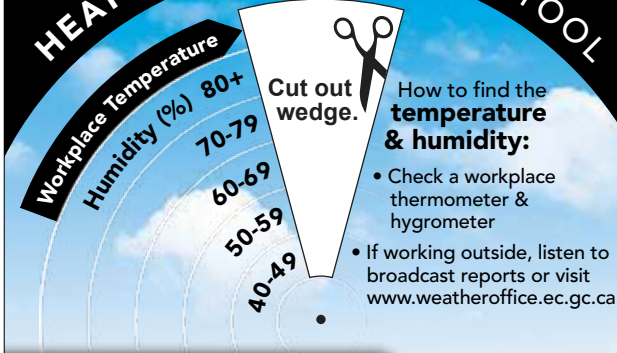


HEAT STRESS AWARENESS TOOL



Once cutting and folding is complete, insert wheel so that the coloured side shows through the cut-out wedge.

Insert fastener at small black dot below the wedge to hold together, and rotate wheel.

Heat stress action chart

Conditions/actions listed below apply to **unacclimatized workers**. Never ignore symptoms. Refer to *Heat Stress Awareness Guide* for extra clothing and/or radiant heat conditions.

HUMIDEX	ACTION RECOMMENDED
LOW 30-37	<ul style="list-style-type: none"> Post heat stress alerts Drink water
MEDIUM 38-39	<ul style="list-style-type: none"> Reduce physical activity (e.g., slower pace, more breaks) Drink a cup of water every 20-30 minutes
MODERATE 40-41	<ul style="list-style-type: none"> Further reduce physical activity Drink a cup of water every 15-20 minutes
HIGH 42-44	<ul style="list-style-type: none"> Severely curtail physical activity Ensure sufficient rest/recovery time Drink a cup of water every 10-15 minutes
EXTREME 45+	<ul style="list-style-type: none"> Hazardous to continue physical activity

Cut along vertical edges.

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Fold on dotted line.

Cut out around wheel's black edge.

