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HEAT STRESS MANAGEMENT

Severity	Environmental Heat (WBGT Index)	Awareness Issues / Actions
Level I	Less than 77° F.	No special precautions.
Level II	77° F - 79° F.	Replenish lost fluids as needed.
Level III	80° F - 82° F.	Replenish fluids frequently. Pace work accordingly. Break as needed in shade or an air conditioned environment.
Level IV	83° F - 86° F.	Replenish fluids frequently (every 15 - 20 minutes) Pace work accordingly. Break as needed in shade or air conditioned environment. Be aware of early symptoms of heat illness: fatigue, headache, muscle cramps. Limit tasks involving continuous moderate to heavy work.
Level V	Greater than 86° F. 	Replenish fluids frequently every (15 - 20 minutes) Pace work accordingly. Break as needed in shade or an air conditioned environment. Be aware of early symptoms of heat illness: fatigue, headache, muscle cramps. Severely limit tasks involving continuous moderate to heavy work. Make use of appropriate external cooling devices (cool vests, vortex suits, etc.) Employ buddy system for high risk tasks. Rotate workers to reduce heat exposure.

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