

CAN-WELD Testing & Training Centre
Humidex Guidelines for Welders, Students & Employees

Humidex Reading	Occupational Health & Safety	Can-Weld
25° - 29° C	Supply water to workers on an “as needed” basis	Drink plenty of water Water cooler located in student locker room
30° - 33° C	Post Heat Stress Alert Notice Encourage workers to drink extra water Start recording hourly temperature and relative humidity	Students and staff review symptoms of Heat Stress and precautions together Drink extra water Record temperature & humidity hourly
34° - 37° C	Post Heat Stress Warning notice Notify workers that they need to drink extra water Ensure workers are trained to recognize symptoms	Warning is announced throughout shop
38° - 39° C	Provide 15 minute relief per hour Provide adequate cool (10-15°C) water, at least 1 cup (240ml) of water every 20 minutes Workers with symptoms should seek medical attention	<u>15 minutes relief per hour</u> Monitor students/staff for heat stress symptoms and drink extra water; if symptoms occur mandatory to seek medical attention immediately
40° - 42° C	Provide 30 minutes relief per hour in addition to the provisions listed previously	Morning shift completes their shift with 30 minutes on and 30 minutes off Afternoon shift is cancelled
43° - 44° C	If feasible provide 45 minutes relief per hour in addition to the provisions listed above If a 75% relief period is not feasible then stop work until the Humidex is 42°C or less	All operations are immediately shut down for the day
45° C or over	Stop work until the Humidex is 42°C or less	Front office/company will close