

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

<b>Humidex Reading</b>	<b>Occupational Health &amp; Safety</b>	<b>Can-Weld</b>
<b>25° - 29°C</b>	Supply water to workers on an “as needed” basis	Drink plenty of water Water cooler located in student locker room
<b>30° - 33°C</b>	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
<b>34° - 37°C</b>	Post Heat Stress Warning notice Notify workers that they need to drink extra water Ensure workers are trained to recognize symptoms	<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
<b>38° - 39°C</b>	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	<b>Morning shift completes their shift with 30 minutes on and 30 minutes off</b> Afternoon shift is cancelled
<b>40° - 42°C</b>	Provide 30 minutes relief per hour in addition to the provisions listed previously	<b>All operations are immediately shut down for the day</b>
<b>43° - 44°C</b>	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	Front office/company will close
<b>45°C or over</b>	Stop work until the Humidex is 42°C or less	