



HEAT STRESS MEASURES FOR OUTDOOR WORK

Measures	Wet Bulb Globe Temperature (WBGT) Bands		
	WBGT (°C) < 31 <i>Below 31</i>	31 ≤ WBGT (°C) < 33 <i>31 to less than 33</i>	WBGT (°C) ≥ 33 <i>33 and above</i>
Acclimatise	<ul style="list-style-type: none"> ● Acclimatise workers new to Singapore or returning from leave of more than a week and gradually increase workers' daily heat exposure over at least 7 days^R 		
Drink	<ul style="list-style-type: none"> ● Provide cool or cold drinking water supply near work areas ● Rehydrate regularly^R 	<ul style="list-style-type: none"> ● Provide cool or cold drinking water supply near work areas ● Rehydrate at least hourly^R <i>(Recommended intake of 300ml per hour or more depending on work intensity)</i> 	
Rest & Shade	<ul style="list-style-type: none"> ● Ensure workers get adequate rest under shade for recovery from heat^R ● Rest areas to be near work areas, where feasible 	<p>WBGT (°C) 31 to less than 32:</p> <ul style="list-style-type: none"> ● Ensure workers get adequate rest under shade for recovery from heat^R ● Rest areas to be near work areas, where feasible <p>WBGT (°C) 32 and above:</p> <ul style="list-style-type: none"> ● Provide hourly rest breaks of a minimum of 10 minutes for heavy physical work activity when WBGT reaches 32°C and above^R 	<ul style="list-style-type: none"> ● Provide hourly rest breaks of a minimum of 15 minutes for heavy physical work activity ● Longer rest periods recommended as WBGT increases
Monitor WBGT	<ul style="list-style-type: none"> ● Monitor WBGT every hour during work hours^R, especially during the hotter periods of the day <i>On-site WBGT meters are required for construction sites with a contract sum of S\$5 million or more, shipyards and the process industry. Other workplaces can refer to the National Environment Agency's myENV app.</i> 		
Reschedule	NA	<ul style="list-style-type: none"> ● Reschedule outdoor physical work to cooler parts of the day where feasible 	
Monitor Worker	NA	<ul style="list-style-type: none"> ● Close monitoring of worker's health condition, particularly for vulnerable workers ● Implement a buddy system: workers to look out for each other for signs of heat-related illnesses 	
	<ul style="list-style-type: none"> ● Identify workers vulnerable to heat stress and make redeployment arrangements where required 		<ul style="list-style-type: none"> ● Redeploy vulnerable workers to non-outdoor work
Emergency Response	<ul style="list-style-type: none"> ● Establish emergency responses plan and implement reporting procedures^R 		
	NA		<ul style="list-style-type: none"> ● Workplaces should have cold water, ice packs, water spray and cooler boxes on standby
Ventilation	NA	<ul style="list-style-type: none"> ● Cool rest and work areas with fans, air coolers etc. ● Provide loose-fitting and light-coloured clothing to workers 	

^R: Requirements

Scan the QR code for details on heat stress measures for outdoor work

