



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.

HEAT STRESS

RECOGNIZE THE SYMPTOMS...
weakness, fatigue, & dizziness

How to use this tool:

1. Measure workplace temperature & humidity.
2. Turn the wheel to display the workplace temperature. Then, find the humidity value on the left axis.
3. Refer to the colour on the instruction chart for recommended action.
4. Refer to the *Heat Stress Awareness Guide* for more detailed information.

Keep your cool!

Cut out around wheel's black edge.

