Working in Extreme Heat Conditions

For the best protection from heat-related illness, workers should spend the rest periods in a cool place, for example in a lightly air conditioned room, trailer or vehicle, or if one is not available, then in full shade.

During the rest periods, workers may continue to perform mild or light work, such as completing paperwork, sorting small parts, attending a meeting, or receiving training

Have a knowledgeable person at the worksite that is well-informed about heat-related illness and able to modify work activities and the work/rest schedule as needed. When evaluating an appropriate work/rest schedule:

- Shorten work periods and increase rest periods:
  - As temperature rises
  - As humidity increases
  - When sun gets stronger
  - When there is no air movement
  - When protective clothing or gear is worn
  - For heavier work
- Assign new and un-acclimatized workers lighter work and longer rest periods. Monitor these workers more closely.

When possible, more frequent shorter periods of exposure to heat are better than fewer longer exposures. This means that the work/rest schedules are often based on 1-hour cycles and might call for a rest period of 15 minutes every hour during hot weather, but 45 minutes per hour when temperature and humidity are extreme. Individual requirements may vary greatly. Setting appropriate work rest schedules is critical for protecting our personnel during outdoor work.

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

For additional information on heat injuries, visit https://safety.army.mil.
https://www.osha.gov/dts/osta/otm/otm_iii/otm_iii_4.html