

What is humidex? It is measure of how we feel due to the combined effects of temperature and humidity. This is similar to wind chill factor in the winter

Who determines the humidex rating?

Humidex is set by Environment Canada and is unitless

What are the ratings?

- 20-29: Little discomfort
- 30-39: Some discomfort
- 40-45: Great discomfort – avoid exertion
- >45: Dangerous – Heat stroke possible
- >54: Heat stroke imminent

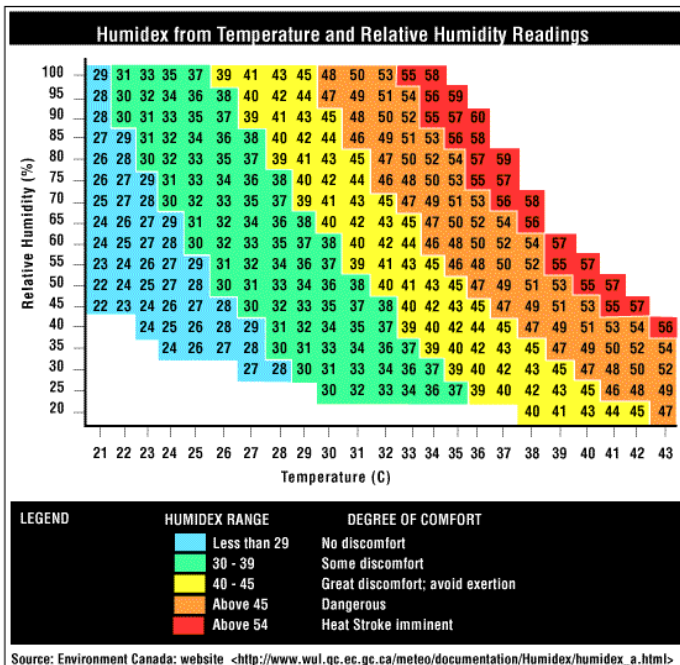
Why is humidity a concern?

We cool our bodies through the evaporation of sweat. As the humidity increases the amount sweat that evaporates drops and this will cause an increase in body temperature and an increased risk of heat related illnesses

Humidex Risk Level 1 - Unacclimated workers performing moderate work OR acclimated workers performing heavy work

Humidex Risk Level 2 - acclimated workers performing moderate work OR unacclimated workers performing light work

Humidex Risk level 1	Response	Humidex Risk level 2
25-29	Supply water to workers on an as needed basis	32-35
30-33	Encourage workers to drink extra water	36-39
34-37	Notify workers that they need to drink extra water. Ensure workers are trained to recognized symptoms	40-42
38-39	Work with 15 minutes relief per hour Drink 1 cup of water each hour	43-44
40-41	Same as above but work with 20 minutes of relief	45-46
42-44	Same as above but with 45 minutes of relief	47-49
>45	Work must be medically supervised	>50



What if I have other concerns?

If you have any concerns or questions speak to your:

1. Supervisor,
2. Health and safety representative, or
3. Contact EHS