

Low (26.6-29.4°C)

Impact: Body stressed after 45 minutes

Action: 15-minute break for each hour if working in direct sunlight. Stay hydrated

Moderate (29.4-31.1°C)

Impact: Body stressed after 30 minutes. Heat cramps likely

Action: 30-minute break for each hour if working in direct sunlight. Drink ½ litre of water per hour

High (31.1-32.2°C)

Impact: Body stressed after 20 minutes. Heat exhaustion likely

Action: 40-minute break for each hour if working in direct sunlight. Drink 1 litre of water per hour

Extreme (>32.2°C)

Impact: Body stressed after 15 minutes. Heat stroke likely

Action: 45-minute break for each hour if working in direct sunlight. Drink 1 litre of water per hour

