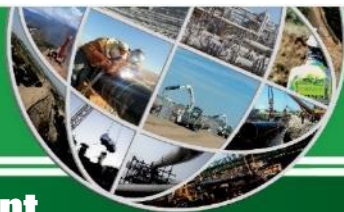


LESSON LEARNT



PREPARED BY: Corporate QHSE Dept.

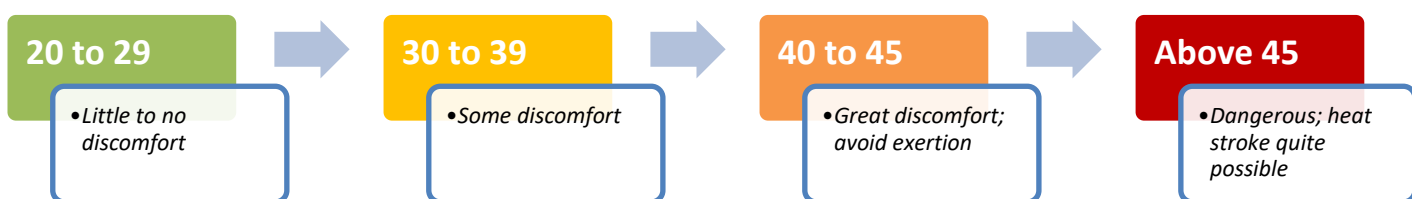
N° 06/2023 Date: June 2023

OBJECT TEMPERATURE HUMIDITY INDEX (THI)

Workers exposed to extreme heat while work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries.

An helpful tool is given by the humidex (short for humidity-index): an index number used by meteorologists to measure the heat stress perceived by the average person, combining the effect of recorded heat and humidity. The humidex is a dimensionless quantity (though generally recognized by the public as equivalent to the degree Celsius) based on the dew point.

RANGE OF HUMIDEX: SCALE OF COMFORT:





When working in hot environment, always remind:

- Acclimatization is critical - Lack of acclimatization is a major factor in heat-related deaths on the job;
- Hydration is critical - Dehydration greatly increases the risk of heat illness;
- A recent illness can temporarily lower your heat tolerance;
- Be aware of other personal risk factors for heat illness (Prior heat illness - Certain medications - Certain health conditions - Alcohol use within 24 hours of working in heat).



How to calculate the Humidex
Take measurements of temperature and humidity and calculate the HUMIDEX of your workplace by scanning the above QR Code.

“PLEASE REFER TO PROJECT SPECIFIC MITIGATION AND CONTROL MEASURES TO MANAGE HEAT STRESS RISK BASED ON TEMPERATURE / HUMIDEX MEASURES”

IOS 	Heat Stress Assessment App Link to download the App IATSE891 from IOS or Android by scanning the beside QR Code. App that could help to evaluate the heat stress (always refer to the site HS Department)	ANDROID 
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RECEPTION BY THE PROJECT

WHICH ACTIONS IDENTIFIED TO BE IMPLEMENTED IN THE PROJECT:

Project Manager:

Signature:

HSE Project Manager:

Signature: