Appendix A- Extreme Weather and Environmental Conditions- Heat Response

Humidex Table

Humidex- The term "humidex" is short for humidity index. It is an equivalent scale intended for the public to express the combined effects of warm temperatures and humidity. Environment Canada uses humidex ratings to inform the general public when conditions of heat and humidity are possibly uncomfortable.

The goal of a Humidex based heat response plan is to prevent body temperature from exceeding 38^0C.

Temperature Range, Including Humidex	**Degrees of Comfort**	**Response for Staff Work Routines**	**Response for Student population**
19-24	Comfortable: A temperature at which most individuals are comfortable.	• Status quo	• Status quo • Students may remain outside for all regular outside activities
26-34	Some Discomfort: Some individuals may experience discomfort	• Status quo • Encourage consumption of 1 cup of cool water every 20 minutes • Monitor humidex	• Status quo • Students may remain outside for all regular outside activities • Encourage consumption of 1 cup of cool water every 20 minutes • Monitor humidex
35-40	Great Discomfort: Most individuals will experience high levels of discomfort	• **Initiate Extreme Weather Action Plan for Hot Weather** • Continue to encourage consumption of 1 cup of cool water every 20 minutes • Encourage ongoing observation of co-workers and students for symptoms of heat stress • Consideration should be given to rescheduling strenuous physical activities to cooler times of the day.	• **Initiate Extreme Weather Action Plan for Hot Weather** • Students may remain outside for no longer than 20 minute intervals at a time • Continue to encourage consumption of 1 cup of cool water every 20 minutes • Encourage ongoing observation of co-workers and students for symptoms of heat stress • Consideration should be given to rescheduling strenuous physical activities to cooler times of the day.

40-44	Great Discomfort: Most individuals will experience high levels of discomfort	• Initiate Extreme Weather Action Plan for Hot Weather • Continue to encourage consumption of 1 cup of cool water every 20 minutes • Encourage ongoing observation of co-workers and students for symptoms of heat stress • Reduce strenuous physical activities and increase relief time where moderate physical activities must continue	• Initiate Extreme Weather Action Plan for Hot Weather • **Students must remain inside** • Continue to encourage consumption of 1 cup of cool water every 20 minutes • Encourage ongoing observation of co-workers and students for symptoms of heat stress • **Suspend physical activities**
45 and above	**HEAT RELATED ILLNESS IS LIKELY TO OCCUR**	• **Suspend physical activities**	

Vulnerability to Heat Stress: There are many permanent or temporary conditions (e.g. age, heart or lung conditions, dehydration, fatigue, some medications, etc.) that can make a person more vulnerable to heat strain. It is important for these individuals to seek advice from their personal physician regarding restrictions related to working/attending school in hot conditions. In these cases, additional precautions may be required.