

SD64 Operations Heat Risk Check – Working Safely in Hot Conditions

Purpose: This quick check helps Operations staff and supervisors decide when work conditions need to be adjusted due to heat. Decisions are based on temperature, humidity, and the type of work being performed, consistent with WorkSafeBC guidance that no single temperature is unsafe and risk increases based on multiple factors.

Step 1: Check conditions

Consider air temperature, humidity or humidex, indoor versus outdoor work, direct sun or radiant heat, type of clothing or PPE, and length of exposure. As a planning guide, increased controls are required when temperatures exceed approximately 30°C with high humidex, or 35°C regardless of humidity.

Step 2: Consider the type of work

Light work: monitoring, inspections, light cleaning.

Moderate work: mopping, carrying supplies, repetitive movement, ladder work.

Heavy work: material handling, boiler rooms, roof or asphalt work, grounds work, confined spaces.

Heat Risk Decision Chart

Conditions	Light work	Moderate work	Heavy work
Below ~30°C, low humidity	Normal work	Normal work	Monitor closely
30°C with humidex	Monitor	Adjust work	Modify / reschedule
35°C or above	Adjust work	Modify / reschedule	Stop or reschedule

Early warning signs: Unusual fatigue, headache, dizziness, nausea, or difficulty concentrating. Anyone experiencing symptoms must stop work, cool down, hydrate, and notify a supervisor.

Normal: routine hydration and breaks.

Monitor: increase water, take extra rest breaks, observe for symptoms.

Adjust: slow pace, rotate tasks, schedule work earlier, increase recovery time in cool areas.

Modify or stop: reschedule work, assign additional workers, or stop work until conditions improve