



HEAT STRESS – WORKING OUTSIDE

INSTRUCTIONS FOR USE:

1. Check today if the temperature and humidity using the forecasts link below:
 - Atlanta Campus – [Atlanta Forecast](#)
 - Oxford Campus – [Covington Forecast](#)
2. Find the chart below that corresponds to your workload (Light, Moderate, Heavy)
3. Follow today's Temperature and Relative Humidity on the chart below until they meet in one square. The number in that square will be your heat index.
4. If the temperature or relative humidity is an odd number, round up to the next even number.
5. Use your Heat Index in the chart to determine your work-rest schedule as indicated below and follow EHSO's recommendations for that work-rest schedule
6. Contact EHSO if you have any questions about grading this site.

LIGHT OUTSIDE WORK

- Sitting with light manual work with hands and arms, for example, driving a riding lawn mower
- Standing with some light arm work and occasional walking

MODERATE OUTSIDE WORK

- Sustained moderate hand and arm work, for example, using a push lawn mower
- Moderate arm and leg work, hammering, screwing, etc.
- Moderate arm and trunk work
- Light pushing and pulling
- Walking, applying pesticides, herbicides, etc.

HEAVY OUTSIDE WORK

- Intense arm and trunk work, for example, jackhammer
- Carrying, shoveling
- Manual sawing
- Pushing and pulling heavy work

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National Weather Service Heat Index Chart

