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### **[For information] Revised Heat Stress Measures for Outdoor Work**

As global temperatures rise, outdoor workers are increasingly at risk of heat stress. The Ministry of Manpower, in consultation with industry experts and tripartite partners, has reviewed the heat stress management measures and introduced a revised framework for outdoor work on 6 Sep 2024.

The key highlights of the framework are:

- Acclimatise, drink, rest and shade, are among the critical measures to tackle the risk of heat stress
- Framework includes required measures that must be implemented, as well as recommended practices for employers to consider
- Outdoor workers are protected at varying temperatures while employers have the flexibility to adapt measures based on local conditions

For more information, please refer to [go.gov.sg/heatstress-outdoorwork](https://go.gov.sg/heatstress-outdoorwork) and the [infographic on Heat Stress Measures for Outdoor Work](#).

Regards,

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**Vision: Healthy Workforce, Safe Workplace Mission: To build a healthy workforce and safe workplace by engaging communities to enhance capabilities and embrace best practices.**



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# HEAT STRESS MEASURES FOR OUTDOOR WORK

Measures	Wet Bulb Globe Temperature (WBGT) Bands		
	WBGT (°C) < 31 <i>Below 31</i>	31 ≤ WBGT (°C) < 33 <i>31 to less than 33</i>	WBGT (°C) ≥ 33 <i>33 and above</i>
Acclimatise	<ul style="list-style-type: none"> <li>● Acclimatise workers new to Singapore or returning from leave of more than a week and gradually increase workers' daily heat exposure over at least 7 days<sup>R</sup></li> </ul>		
Drink	<ul style="list-style-type: none"> <li>● Provide cool or cold drinking water supply near work areas</li> <li>● Rehydrate regularly<sup>R</sup></li> </ul>	<ul style="list-style-type: none"> <li>● Provide cool or cold drinking water supply near work areas</li> <li>● Rehydrate at least hourly<sup>R</sup> <i>(Recommended intake of 300ml per hour or more depending on work intensity)</i></li> </ul>	
Rest & Shade	<ul style="list-style-type: none"> <li>● Ensure workers get adequate rest under shade for recovery from heat<sup>R</sup></li> <li>● Rest areas to be near work areas, where feasible</li> </ul>	<p>WBGT (°C) 31 to less than 32:</p> <ul style="list-style-type: none"> <li>● Ensure workers get adequate rest under shade for recovery from heat<sup>R</sup></li> <li>● Rest areas to be near work areas, where feasible</li> </ul> <p>WBGT (°C) 32 and above:</p> <ul style="list-style-type: none"> <li>● Provide hourly rest breaks of a minimum of 10 minutes for heavy physical work activity when WBGT reaches 32°C and above<sup>R</sup></li> </ul>	<ul style="list-style-type: none"> <li>● Provide hourly rest breaks of a minimum of 15 minutes for heavy physical work activity</li> <li>● Longer rest periods recommended as WBGT increases</li> </ul>
Monitor WBGT	<ul style="list-style-type: none"> <li>● Monitor WBGT every hour during work hours<sup>R</sup>, especially during the hotter periods of the day <i>On-site WBGT meters are required for construction sites with a contract sum of S\$5 million or more, shipyards and the process industry. Other workplaces can refer to the National Environment Agency's myENV app.</i></li> </ul>		
Reschedule	NA	<ul style="list-style-type: none"> <li>● Reschedule outdoor physical work to cooler parts of the day where feasible</li> </ul>	
Monitor Worker	NA	<ul style="list-style-type: none"> <li>● Close monitoring of worker's health condition, particularly for vulnerable workers</li> <li>● Implement a buddy system: workers to look out for each other for signs of heat-related illnesses</li> </ul>	
	<ul style="list-style-type: none"> <li>● Identify workers vulnerable to heat stress and make redeployment arrangements where required</li> </ul>		<ul style="list-style-type: none"> <li>● Redeploy vulnerable workers to non-outdoor work</li> </ul>
Emergency Response	<ul style="list-style-type: none"> <li>● Establish emergency responses plan and implement reporting procedures<sup>R</sup></li> </ul>		
	NA		<ul style="list-style-type: none"> <li>● Workplaces should have cold water, ice packs, water spray and cooler boxes on standby</li> </ul>
Ventilation	NA	<ul style="list-style-type: none"> <li>● Cool rest and work areas with fans, air coolers etc.</li> <li>● Provide loose-fitting and light-coloured clothing to workers</li> </ul>	

<sup>R</sup>: Requirements

Scan the QR code for details on heat stress measures for outdoor work

