Managing Heat Stress

Heat stress occurs when our body is not able to cool itself sufficiently, and excess heat builds up, which may cause damage to the body. Warmer or more humid weather could lead to an increased risk of heat stress and related illnesses, such as heat cramps, heat exhaustion and heat stroke.

Heat Stress Advisory for General Population for Prolonged Outdoor Activities

LOW HEAT STRESS WBGT(˚C) < 31	MODERATE HEAT STRESS 31 ≤ WBGT(˚C) < 33	HIGH HEAT STRESS WBGT(˚C) ≥ 33
Activity: • Continue normal activities	**Activity:** • Reduce outdoor activities • Take regular breaks (indoors/ under shade)	**Activity:** • Minimise outdoor activities; stay under shade where possible • Take more frequent and/or longer breaks (indoors/under shade)
Action: • Hydrate normally	**Action:** • Drink more fluids • Monitor body for signs and symptoms of heat-related illness	**Action:** • Drink more fluids • Monitor body for signs and symptoms of heat-related illness • Cool actively during breaks (e.g. sponging, pouring water over arms and legs)
Attire: • Wear normal attire	**Attire:** • Avoid multiple layers of clothing • Use an umbrella or wear a hat	**Attire:** • Avoid multiple layers of clothing • Use an umbrella or wear a hat • Wear lightweight and light-coloured clothing with thin and absorbent material

The Wet Bulb Globe Temperature (WBGT) provides an indication of heat stress by taking into account the combined effects of:

Air temperature | Humidity | Wind speed | Solar radiation

Effects Of Heat Stress Depends On The Individual

Personal factors such as our general health, level of activity and attire may also affect our risk level of heat stress. Hence, people more vulnerable to heat stress should exercise greater caution:

Elderly

Children and infants

People who are ill, have recently recovered, or have chronic conditions

Pregnant women

People who recently travelled from cooler climates

This advisory is to help the general public plan their prolonged, outdoor activities. Those who are engaged in specific activities should refer to the respective sectorial guidelines. For example, outdoor workers should refer to guidelines from the Ministry of Manpower, and students should follow the guidance of their schools. These guidelines do not apply to the SAF and the Home Team, as they adopt a comprehensive set of heat injury prevention measures that factor in the heat acclimatisation level of servicemen, intensity of training activity, and on-site medical support during the conduct of training.

For updates, download the myENV app

Heat stress information is available at **www.weather.gov.sg**

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National Environment Agency

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