

[NCSCM Heat Index alert for coastal districts](#)

Heat wave condition is likely to prevail at isolated places over coastal districts

Heat Index



With prolonged exposure and physical activity

Normal	< 80° F	Normal	Protective measures
Caution	80-90° F	Fatigue possible with prolonged exposure and physical activity	<ul style="list-style-type: none"> Intake of sufficient fluids Ensure adequate medical services are available Reschedule outdoor work when heat index is higher Encourage workers to wear sunscreen
Extreme Caution	91-103° F	Heat stroke, heat cramps, heat exhaustion with prolonged exposure	<ul style="list-style-type: none"> In addition to steps listed above: Take sufficient drinking water (about 4 cups/hour) Review heat related illness, How to prevent it, and what to do if someone get sick Schedule frequent breaks in cool, shaded area
Danger	104-124° F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and or physical activity	<ul style="list-style-type: none"> In addition to steps listed above: Alert workers of high risk conditions Actively encourage workers to drink plenty of waters (about 4 cups/hour) Have a knowledgeable person at work site who is well informed about heat related illness and able to determine appropriate work/rest schedules Establish and enforce work/rest schedules Use cooling techniques Watch/ communicate with workers at all time When possible, reschedule activities to a time

Extreme Danger	>125 F	Heat stroke highly likely	<ul style="list-style-type: none">• Actively encourage workers to drink plenty of waters(about 4 cups/hour)• Move essential work task to the coolest part of the work shift Consider earlier shift time split shifts or evening and night shifts.• Alert workers of extreme heat hazards• Establish water drinking schedule• Conduct physiological monitoring (e.g. pulse, temperature etc.,)• wearing Protective clothing
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