



HEAT STRESS MEASURES

FOR OUTDOOR WORK

(EFFECTIVE FROM 1 DECEMBER 2026)

Measures	Wet Bulb Globe Temperature (WBGT, °C)		
	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	● 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^R		
Monitor WBGT	● Monitor WBGT every hour during work hours^R, especially during the hotter periods of the day 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 myENV app.		
Drink	● Rehydrate regularly^R	● Rehydrate at least hourly^R ● Recommended intake of 300ml per hour or more depending on work intensity	
	● Provide cool drinking water supply near work areas^R NEW		
Rest & Shade	● Ensure workers get adequate rest under shade for recovery from heat^R	WBGT (°C) 31 to less than 32: ● Ensure workers get adequate rest under shade for recovery from heat^R WBGT (°C) 32 and above: ● Provide hourly rest breaks of a minimum of 10 minutes for heavy physical work activity when WBGT reaches 32°C or higher^R	● Provide hourly rest breaks of a minimum of 15 minutes for heavy physical work activity ● Longer rest periods recommended as WBGT increases
	● Rest areas to be near work areas, where feasible ● Shade to be well-ventilated and well-insulated or cooled NEW		
Emergency Response	● Establish emergency response plan and implement reporting procedures^R ● Ensure cold water, icepacks or water spray on standby for emergency response^R NEW		
Reschedule	NA	● Reschedule outdoor physical work to cooler parts of the day where feasible	
Train & Monitor Worker	● Establish heat stress training programme for workers exposed to heat^R NEW		
	NA	● Close monitoring of worker’s health condition, particularly for vulnerable workers* ● Implement a buddy system: workers to look out for each other for signs of heat-related illnesses	
Ventilation	● Identify workers vulnerable* to heat stress and make redeployment arrangements where required		● Redeploy vulnerable workers* to non-outdoor work
	NA	● Cool rest and work areas with fans, air coolers etc.	
	● Provide suitable clothing that can mitigate or protect workers from excessive heat stress^R NEW		

^R: Requirements NEW : Updated from previous September 2024 infographic

* Vulnerable workers include:

- Older workers above 65 years old
 - Pregnant workers
 - Overweight or obese workers
- Newly-assigned to outdoor work
 - Unacclimatised to working in hot environments
 - Returning from long leave of more than one week
- Currently unwell or recovering from illness
 - With personal risk factors such as chronic diseases, medication use or history of heat illness