

Houston SI LTUF Safety Topic

August 13, 2019



Evacuation Route and Bathrooms



BEAT THE HEAT

Temp.	HEAT INDEX °F (°C)												
	Relative Humidity (%)												
	40	45	50	55	60	65	70	75	80	85	90	95	100
110 (47)	136 (58)												
108 (43)	130 (54)	137 (58)											
106 (41)	124 (51)	130 (54)	137 (58)										
104 (40)	119 (48)	124 (51)	130 (54)	137 (58)									
102 (39)	114 (46)	119 (58)	124 (51)	131 (55)	137 (58)								
100 (38)	109 (43)	114 (46)	118 (48)	124 (51)	129 (54)	136 (58)							
98 (37)	105 (41)	109 (43)	113 (45)	117 (47)	123 (51)	128 (53)	134 (57)						
96 (36)	101 (38)	104 (40)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	132 (56)					
94 (34)	97 (36)	100 (38)	103 (39)	106 (41)	110 (43)	114 (46)	119 (48)	124 (51)	129 (54)	135 (57)			
92 (33)	94 (34)	96 (36)	99 (37)	101 (38)	105 (41)	108 (42)	112 (44)	116 (47)	121 (51)	126 (52)	131 (55)		
90 (32)	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	103 (39)	106 (41)	109 (43)	113 (45)	117 (47)	122 (50)	127 (53)	132 (56)
88 (31)	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	98 (37)	100 (38)	103 (39)	106 (41)	110 (43)	113 (45)	117 (47)	121 (49)
86 (30)	85 (29)	87 (31)	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	102 (39)	105 (41)	108 (42)	112 (44)
84 (29)	83 (28)	84 (29)	85 (29)	86 (30)	88 (31)	88 (32)	89 (32)	90 (32)	92 (33)	94 (34)	96 (36)	98 (37)	100 (39)
82 (28)	81 (28)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	91 (33)	93 (34)	95 (35)
80 (27)	80 (27)	80 (27)	81 (27)	81 (27)	82 (28)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	86 (30)	87 (31)



The Heat Index is a value that combines air temperature and relative humidity in shaded areas.



This is important because the higher the relative humidity, the less effective the body's mechanism for cooling down.



Without adequate hydration, the body will not sweat and heat-related illnesses become far more likely.

REMEMBER:

- ▶ Hydration starts at home
- ▶ Continuous hydration in small amounts
- ▶ Avoid large, infrequent hydration intakes
- ▶ Take rest breaks in a cool area
- ▶ Wear light-weight, light-colored, and loose-fitting clothing
- ▶ The body is made up of 70% water



For more information, refer to the following practices:

000.653.F0954 Project HSE Requirements and Execution Plan, Section 44 – Heat and Cold Stress Management

000.653.F0388 Heat Stress Control Plan