

# Heat Stress 熱壓力

Guidance Note 指引

This guidance note covers the main requirements when working under hot weather

Exposure to hot weather, hot environments and strong sunlight is common when working in Power Stations in Hong Kong.



## Protection from Strong Sunlight

- Always cover up and wear the work clothes provided to prevent sun burn.
- Consider use of Sun block creams on exposed skin.
- Where practical create shaded areas using umbrellas and screens

## Protection from the effects of heat

- Isolate heat generating facilities
- Modify work schedule to avoid strenuous activities at the hottest part of the day
- Rotate Workers
- Monitor workers for signs of heat stress
- Provide covered rest areas
- Provide cool drinking water
- Provide rehydration salts (e.g. Procari Sweat)
- Increase airflow e.g. by using ventilation using fans

**Heat Stress Prevention 預防中暑**

Time 時間: 今日最高氣溫 Today maximum temperature

香港天文台 HONG KONG OBSERVATORY

Work in the shade! 在有蓋的地方工作!

Drink plenty of water! 多飲開水!

Take regular breaks! 定時休息!

Wear lightweight, light coloured and loose-fitting clothes! 穿著淺色、透氣及鬆身的衣服!

Use fans or blowers to improve air flow! 使用風扇或吹風機增加空氣流通量!

37°C Extreme Danger 極度危險

35°C Danger 危險

32°C Extreme Caution 極度注意

30°C Caution 注意

General Heat Stress Index & Tips 一般暑熱壓力指數及建議

Danger Category 危險分類	Temperature* 溫度*	Resting Time 休息時間	Water Need 需要飲水
Extreme Danger 極度危險	35°C - 37°C	15 min / half hour 15 分鐘 / 半小時	1 glass (250ml) / 10 min 1杯 (250毫升) / 10分鐘
Danger 危險	33°C - 35°C	10 min / half hour 10 分鐘 / 半小時	1 glass (250ml) / 10 min 1杯 (250毫升) / 10分鐘
Extreme Caution 極度注意	31°C - 32°C	10 min / half hour 10 分鐘 / 半小時	1 glass (250ml) / 15 min 1杯 (250毫升) / 15分鐘
Caution 注意	30°C	Regular 適量	1 glass (250ml) / 20 min 1杯 (250毫升) / 20分鐘

Information Classification: PROPRIETARY



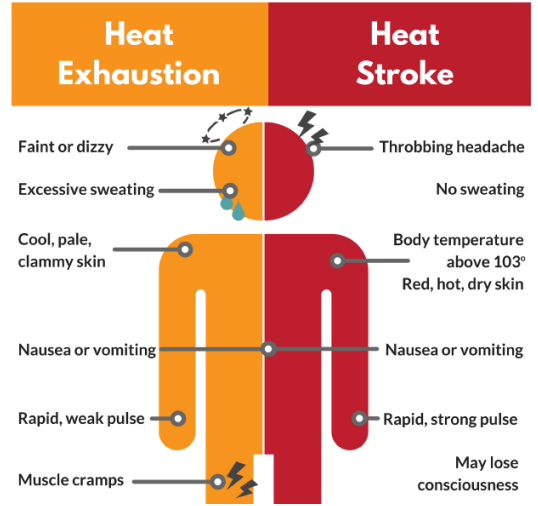
# Heat Stress 熱壓力

Guidance Note 指引

A heat stress prevention plan shall be completed when the work place temperature is >30 degrees Celsius

Hargreaves Industrial Services	
HEAT STRESS PREVENTION PLAN 熱壓力預防計劃	
Company/Department 公司/部門	Hargreaves
Site Location 工作地點	
Work Description 工作描述	No. of Workers 工人數
Measured Work Place Temperature 工作地點溫度	
1) Work Place Temp. ≥ 30°C. Complete Heat Stress Prevention Plan 工作地點溫度 ≥ 30°C。完成熱壓力預防計劃 2) Work Place Temp. ≥ 40°C and < 50°C. Present to Team Leader (Supervisor for Contractor) / his delegate for endorsement 工作地點溫度 ≥ 40°C 且 < 50°C。向負責人員或代理人呈報 3) Work Place Temp. ≥ 50°C and < 60°C. Present to Branch Head (Project Manager for Contractor) / his delegate for endorsement 工作地點溫度 ≥ 50°C 且 < 60°C。向項目經理或代理人呈報 4) Work Place Temp. ≥ 60°C. Work has to be stopped. 工作地點溫度 ≥ 60°C。停止工作	
Heat Stress Potential Risk 潛在熱壓力風險	Mitigation/Control Measures 預防/控制措施 Additional Control Measure 額外控制措施
High Temperature 高溫	1. Estimate or measure the sources of hot air 估計或測量熱氣來源 2. Exclude heat generating facilities. 排除發熱設施 3. Enhance fan air out of the workplace. 加強工作地點的送風 4. Relocate works to workshop if practical. 如可行，將工作移至車房 5. Remove steam or moisture by exhausting it out of the workplace, particularly workplaces in a confined area. 將工作地點的蒸汽或濕氣排出，特別是封閉區域的工作地點 6. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風
High Humidity 高濕度	1. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風 2. Provide fans to circulate air 提供風扇以循環空氣 3. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風
Poor Ventilation 通風欠佳	1. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風 2. Provide fans to circulate air 提供風扇以循環空氣 3. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風
Heavy Workload 高工作負荷	1. Rotate works to workshop if practical. 如可行，將工作移至車房 2. Reduce work to rest ratio 減少工作與休息的比例
Personal Risk 個人風險	1. Remove steam or moisture by exhausting it out of the workplace, particularly workplaces in a confined area. 將工作地點的蒸汽或濕氣排出，特別是封閉區域的工作地點 2. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風
Other physical condition 其他身體狀況	1. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風 2. Provide fans to circulate air 提供風扇以循環空氣 3. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風
Pre-existing Heat Stress 原有熱壓力	1. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風 2. Provide fans to circulate air 提供風扇以循環空氣 3. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風
Heart disease or high blood pressure 心臟病或高血壓	1. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風 2. Provide fans to circulate air 提供風扇以循環空氣 3. Increase air flow with appropriate ventilation 增加空氣流動，配以適當的通風

Hargreaves Industrial Services	
Recent illness 最近有患病	1. Shorten exposure time at work area. 減少暴露於工作地點的時間 2. Use frequent rest. 頻繁休息
Medication 服用藥物	1. Ensure an adequate supply of water is near the work area and / or provide cool drinking water with cool box (approximately one 200ml cup every 20-30 minutes) 確保工作地點附近有足夠的飲用水和/或提供冷飲水(每20-30分鐘約一杯250毫升的飲用水) 2. Consider cooling vests, if feasible. 如可行，考慮使用冷背心 3. Provide mechanical aids to minimize physical demand on them. 提供機械輔助工具，以減輕工人體力負擔 4. Modify work / rest schedules according to temperature and workload. 根據溫度和工作負荷，修改工作/休息時間表 5. Add additional personnel to work team. 增加額外人員加入工作團隊 6. Work in pair or provide watchman if necessary 如需要，採取雙重或輪班的工作方式
Prepared by: 姓名	Sign: 簽署
Endorsed by: 姓名	Sign: 簽署
Date: 日期	Date: 日期



## Heat Stress Prevention 熱壓力預防計劃

## Recognize Signs of Heat Illness 熱疾病的病徵

## Heat Stress Tips

- ✓ Keep an eye out for weather alerts.
- ✓ Avoid caffeinated drinks, such as coffee and tea, when engaging in physically draining outdoor activities
- ✓ If any worker feels unwell due to high temperature then they should be provided with first aid and cooled down as soon as possible. Send to hospital for examination or treatment if necessary



天氣報告 10:50 更新

天文台  
 ↓ 28°C ↑ 34°C  
 31.8°C  
 62%  
 京士柏  
 紫外線指數 6 (高)



In addition, overweight people, patients, including heart disease or high blood pressure patients are more prone to heat stroke, should pay special attention!