

Heat Stress Health Advisory for General Population*		
Advice on activities and measures to prevent heat-related health conditions		
LOW HEAT STRESS (WBGT<31°C)	MODERATE HEAT STRESS (31≤WBGT<33°C)	HIGH HEAT STRESS** (WBGT≥33°C)
<ul style="list-style-type: none"> <li>CONTINUE with normal activities</li> <li>Hydrate normally</li> <li>Wear appropriate attire%</li> <li>Be aware of signs and symptoms^ of heat-related illness</li> </ul>	<ul style="list-style-type: none"> <li>REDUCE outdoor# activities</li> <li>Take regular breaks [indoors/under shade] for prolonged outdoor activity</li> <li>Drink more fluids</li> <li>Wear appropriate attire%</li> <li>Be aware of signs and symptoms^ of heat-related illness</li> </ul>	<ul style="list-style-type: none"> <li>MINIMISE outdoor# activities, stay under shade where possible</li> <li>Take more frequent and/or longer breaks [indoor/under shade] for prolonged outdoor activity</li> <li>Drink more fluids</li> <li>Cool yourself actively during breaks (e.g. sponging, pouring water over arms and legs)</li> <li>Wear appropriate attire%</li> <li>Be aware of sign and symptoms^ of heat related illness</li> </ul>
<p>1) Sports Facility Owners and Activity Organisers to review their risk assessment plan, in particular weather condition, participants' profile, intensity of activity and additional mitigating measures.</p> <p>2) Prior to activity, administer the Get Active Questionnaire (GAQ) and/or equivalent assessments. Communicate to participants on hydration regime, recognition of heat injury symptoms, proper attire, etc. Reference #1.</p> <p>3) During activity, remind participants on hydration and hydration points (e.g. water coolers provided in public sports facilities).</p>	<p>1) Sports Facility Owners and Activity Organisers to review their risk assessment plan, in particular weather condition, participants' profile, intensity of activity and additional mitigating measures.</p> <p>2) To consider scheduling events / activities that take place at unsheltered venues to the cooler part of the day.</p> <p>3) Reduce intensity and duration of outdoor activities at unsheltered venues between 11am and 4pm where possible, subject to review of the risk assessment plan.</p> <p>4) Prior to activity, administer the Get Active Questionnaire (GAQ) and/or equivalent assessments. Communicate to participants on hydration regime, recognition of heat injury symptoms, proper attire, etc. Reference #1.</p> <p>5) Conduct safety briefing on activity day, with emphasis on heat injury prevention and measures.</p> <p>6) Nominate a person to monitor weather conditions and take necessary action should there be any risk.</p>	<p>1) Sports Facility Owners and Activity Organisers to review their risk assessment plan, in particular weather condition, participants' profile, intensity of activity and additional mitigating measures.</p> <p>2) Heat mitigation measures should be further enhanced. Sports Facility Owners and Activity Organisers should consider minimising activities at unsheltered venues (except swimming pools) between 11am and 4pm.</p> <p>3) Commence public communication.</p> <p>4) If participants are already at venue, whilst waiting for transport, participants are advised to rest under shelter and hydrate.</p> <p>5) Monitor participants for the onset of heat injury symptoms as they have been exposed to abnormally high temperatures.</p>

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<b>LOW HEAT STRESS (WBGT&lt;31°C)</b> <ul style="list-style-type: none"> <li>CONTINUE with normal activities</li> <li>Hydrate normally</li> <li>Wear appropriate attire<sup>%</sup></li> <li>Be aware of signs and symptoms<sup>^</sup> of heat-related illness</li> </ul>	<b>MODERATE HEAT STRESS (31≤WBGT&lt;33°C)</b> <ul style="list-style-type: none"> <li>REDUCE outdoor<sup>#</sup> activities</li> <li>Take regular breaks [indoors/under shade] for prolonged outdoor activity</li> <li>Drink more fluids</li> <li>Wear appropriate attire<sup>%</sup></li> <li>Be aware of signs and symptoms<sup>^</sup> of heat-related illness</li> </ul>	<b>HIGH HEAT STRESS (WBGT≥33°C)</b> <ul style="list-style-type: none"> <li>MINIMISE outdoor<sup>#</sup> activities, stay under shade where possible</li> <li>Take more frequent and/or longer breaks [indoor/ under shade] for prolonged outdoor activity</li> <li>Drink more fluids</li> <li>Cool yourself actively during breaks (e.g. sponging, pouring water over arms and legs)</li> <li>Wear appropriate attire<sup>%</sup></li> <li>Be aware of sign and symptoms<sup>^</sup> of heat related illness</li> </ul>
	<p>7) Constantly check on participants well-being, especially those appearing unwell and advise them to rest and refrain from carrying on with activity. Remind participants on adequate hydration methods and sun protection, e.g. easy access to water / drinks points, application of sun block, etc.</p> <p>8) Where possible, identify shelters / air-conditioning facilities / shady areas, etc. for event officials, staff, volunteers, participants, etc., and ensure drinking water supplies are sufficiently replenished.</p> <p>9) Schedule frequent intervals / breaks for rest, drinks, cooling down.</p> <p>10) Provide adequate medical coverage at events including ice and cooling measures for heat injury management and medical plan for evacuation to nearest hospital.</p>	<p>7) Sport Facilities Owners may consider closing their unsheltered facilities between 11am and 4pm, except swimming pools</p> <p><b>**</b>Upon declaration of heatwave by NEA, all Sports Facility Owners and Activity Organisers shall adopt the measures for High Heat Stress situation regardless of local conditions.</p>

Reference #1: Heat Disorders Prevention Guide (2013); UV Protection Guidebook: SEAG (2015); Heat Disorders Prevention & UV Protection Guide (2016); Sports Safety Committee Report March 2019 (Chapter 7:Heat Injuries in Sports); SS681:2022 Code of Practice for Sport Safety (Clause 9:Heat Injuries)

\*This does not apply to people who have recently recovered from illness or have intercurrent illness, who should rest and avoid strenuous outdoor activities. Recent travelers from cooler climates also exercise greater precaution

<sup>#</sup>Outdoor activities refer to activities under direct sun exposure

<sup>%</sup>Lightweight, loose-fitting, heat permeable and light-colored clothing with absorbent material to keep cool and minimize barriers to evaporation.

<sup>^</sup>Examples of signs and symptoms of heat-related illness include headache, nausea, dizziness, irritability, confusion or altered mental state, thirst, heavy sweating.

*The three levels of heat stress convey the corresponding risk of the general population experiencing heat-related illnesses (e.g. heat exhaustion, cramp, stroke) during prolonged outdoor activities.*

*Groups more vulnerable to heat stress should exercise greater caution, including the elderly, children and infants, people who are ill or recently recovered, or have chronic conditions, pregnant women, and recent travellers from cooler climates.*

*Groups such as athletes (SportSG), outdoor workers (MOM), uniformed personnel (SAF, Home Team) should refer to their respective sectoral guidelines that are tailored to their requirements. Students should follow their school's instructions.*