




Introduction to the Heat Stress at Work Warning

In order to facilitate employers and employees in understanding the level of heat stress when working outdoors or in indoor environments without air conditioning system, the Labour Department has established a system of Heat Stress at Work Warning coded amber, red, and black, indicating the level of heat stress that employees face when working outdoors or in indoor environments without air conditioning system. Please refer to the table below for more details:

Hong Kong Heat Index	Heat Stress at Work Warning	Warning Signs
30 to <32	Amber	
	Amber Heat Stress at Work Warning indicates the level of heat stress in certain work environments is high.	
32 to <34	Red	
	Red Heat Stress at Work Warning indicates the level of heat stress in certain work environments is very high.	
>=34	Black	
	Black Heat Stress at Work Warning indicates the level of heat stress in certain work environments is extremely high.	

2. When the Heat Stress at Work Warning is in force, hourly updates will be sent out automatically. If the Heat Stress at Work Warning reaches a higher level, an earlier update will be issued. Employers have to make appropriate arrangements for the adjusted rest periods based on the level of physical exertion in work, preset control measures and other heat stress risk factors, etc., in the hour following the announcement of the Heat Stress at Work Warning and the hourly updates announcing the continued effectiveness of the warning. For details, please refer to the [“Guidance Notes on Prevention of Heat Stroke at Work”](#).

3. The Heat Stress at Work Warning is developed and issued by the Labour Department, with the assistance of the Hong Kong Observatory in producing and transmitting the message. The issuance, update or cancellation of the warning is automatically generated through a computer system based on the Hong Kong Heat Index data, without manual intervention under normal circumstances. The entire

process usually takes about 10 to 20 minutes.

4. When different levels of Heat Stress at Work Warning are in force, the [Hong Kong Observatory](#) will display relevant information on the homepage of its official website and the "[My Observatory](#)" mobile application. The public can also receive details of the Heat Stress at Work Warning by allowing push notifications from "My Observatory" mobile application.

5. In addition, the Labour Department will issue prompt message to the public regarding the coming into effect of Heat Stress at Work Warning through [press releases](#) and the "[GovHK Notifications](#)" mobile application. Various electronic media will also disseminate relevant information through appropriate channels.

6. If you have any inquiries, please WhatsApp the "OSH 24-Hours Hotline on Prevention of Heat Stroke" at 9317 0987 (text messages only) or call us at 2852 4041 during office hours.

Labour Department

15 May, 2023

1

Download the app “GovHK Notifications”



Android: [click here](#)



iOS: [click here](#)

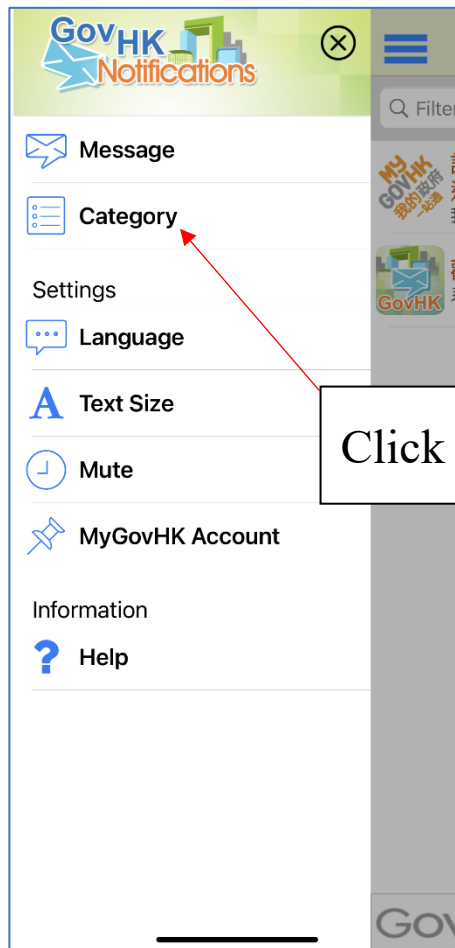


2



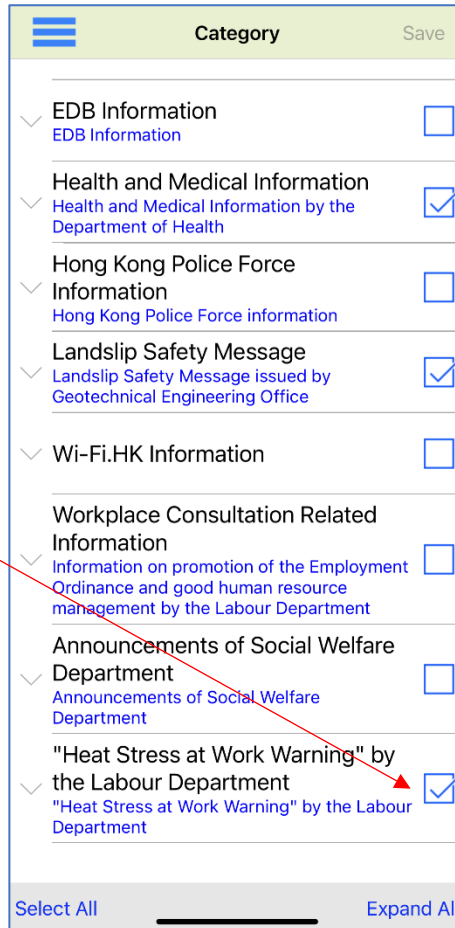
Click “Menu”

3



Click "Category"

4



Choose "Heat Stress at Work Warning" by the Labour Department"

1

Download the app “MyObservatory”



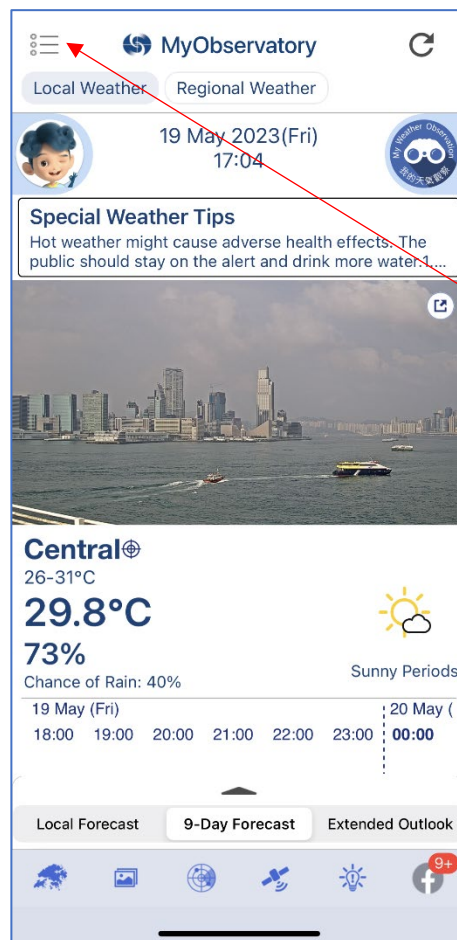
Android: [click here](#)



IOS: [click here](#)

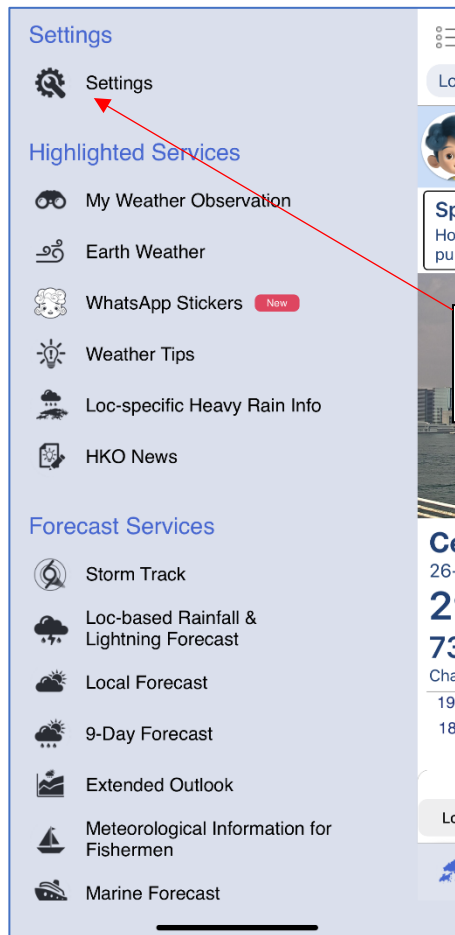


2



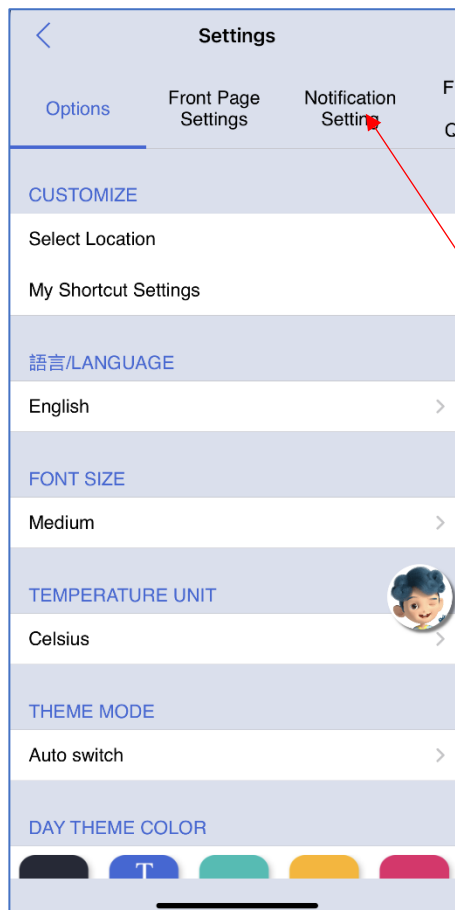
Click “Menu”

3



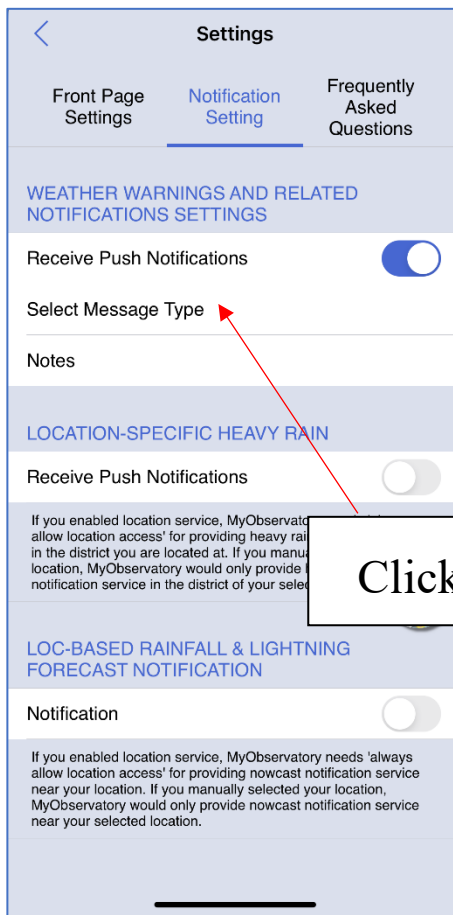
Click "Settings"

4



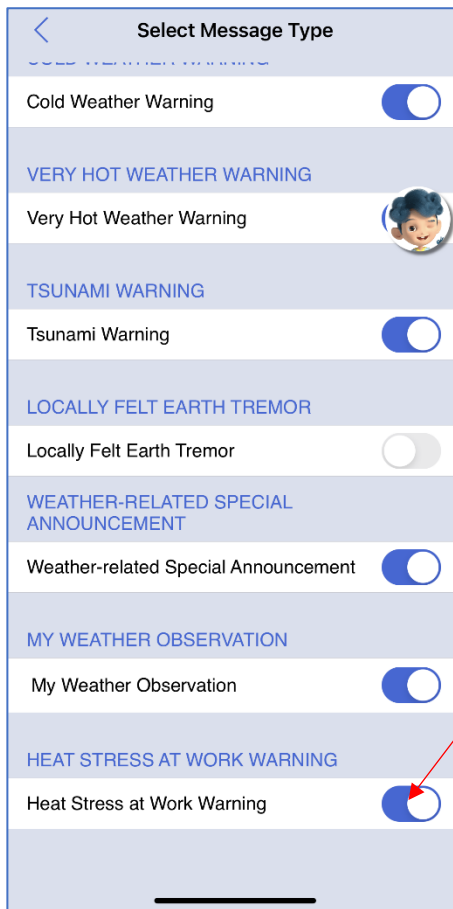
Click "Notification Setting"

5



Click "Select Message Type"

6



Click "Heat Stress at Work Warning"