



Lusail Real Estate Development Company

Health, Safety, Security, Environment, Logistics & Quality Department

Lusail Construction Safety Procedural Forms/Checklists – Work/Warm-up Schedule

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COMPANY PROPRIETARY INFORMATION

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Work/ Warm-up Schedule

Air Temperature - Sunny Sky		No Noticeable Wind		Wind Speed (mph)							
				5		10		15		20	
°C (approx.)	°F	Max. Work Period, min.	No. of Breaks	Max. Work Period, min.	No. of Breaks, min.	Max. Work Period, min.	No. of Breaks	Max. Work Period, min.	No. of Breaks	Max. Work Period, min.	No. of Breaks
-26° to -28°	-15° to -19°	(Norm. Breaks)	1	(Norm. Breaks)	1	75	2	55	3	40	4
-29° to -31°	-20° to -24°	(Norm. Breaks)	1	75	2	55	3	40	4	30	5
-32° to -34°	-25° to -29°	75	2	55	3	40	4	30	5	Non-emergency work ceases	
-35° to -37°	-30° to -34°	55	3	40	4	30	5	Non-emergency work ceases		Non-emergency work ceases	
-38° to -39°	-35° to -39°	40	4	30	5	Non-emergency work ceases		Non-emergency work ceases		Non-emergency work ceases	
-40° to -42°	-40° to -44°	30	5	Non-emergency work ceases		Non-emergency work ceases		Non-emergency work ceases		Non-emergency work ceases	
-43° & below	-45° & below	Non-emergency work ceases		Non-emergency work ceases		Non-emergency work ceases		Non-emergency work ceases		Non-emergency work ceases	

- Schedule applies to moderate to heavy work activity with warm-up breaks of ten (10) minutes in a warm location. For light to moderate work (limited physical movement), apply the schedule one step lower. For example, at -30°F with no noticeable wind (Step 4), a worker at a job with little physical movement will have a maximum work period of forty (40) minutes with four (4) breaks in a 4-hour period (Step 5).

2. The following is suggested as a guide for estimating wind velocity. If accurate information is not available:

5 mph: Light flag moves

10 mph: Light flag fully extended

15 mph: Raises newspaper sheet

20 mph: Blowing and drifting snow

3. If only the windchill factor is available, a rough rule of thumb for applying it, rather than the temperature and wind velocity factors given above, would be: (a) special warm-up breaks are initiated at a wind chill of about 1,750 W/m²/hr; (b) all nonemergency work ceases at or before a wind chill of 2,250 W/m²/hr.

In general, the warm-up schedule provided above slightly undercompensates for the wind at the warmer temperatures, assuming acclimatization and clothing appropriate for winter work.

On the other hand, the chart slightly over-compensates for the absolute temperatures in the colder ranges, because windy conditions rarely prevail at extremely low temperatures.