



## WBGT Heat Stress Advisory: Make a Family Outdoor Decision in Three Steps

### Description

Check the live WBGT level near the activity, then adjust duration, intensity, clothing, hydration and breaks for the people involved. A general low, moderate or high level does not replace judgement about age, health, symptoms and the activity itself. [NEA heat stress advisory](#). [Meteorological Service Singapore heat stress map](#).

### Choose the branch that matches your case

| Situation                        | Next step                                             |
|----------------------------------|-------------------------------------------------------|
| Low WBGT and everyone is well    | Proceed with normal hydration and monitoring          |
| Moderate WBGT                    | Reduce intensity, add shade and breaks                |
| High WBGT                        | Postpone or move the activity indoors where practical |
| Anyone develops warning symptoms | Stop, cool the person and seek medical help as needed |

### Use WBGT, not air temperature alone

WBGT combines air temperature, humidity, wind and solar radiation. The same air temperature can produce different heat-stress conditions. [NEA heat stress advisory](#).

Check the nearest current reading rather than relying only on the phone weather icon.

### Match the reading to the location

NEA derives levels from a sensor network and the nearest reading may not capture every sheltered, paved or exposed micro-location. [Meteorological Service Singapore heat stress map](#).

Look at shade, surface heat and airflow where the family will actually be.

## Adjust the activity, not just water

At higher stress, shorten continuous effort, lower intensity, add rest and choose lighter clothing. Hydration alone does not cancel heat load.

Move runs, playground time or outdoor queues to a cooler part of the day when possible.

## Account for individual risk

Young children, older adults, people who are unwell and those with relevant medical conditions may need a more conservative decision.

Use medical advice for specific conditions and medicines rather than a generic online threshold.

## Set stop conditions in advance

Confusion, fainting, severe weakness, worsening dizziness or inability to drink are not signals to push through.

Stop the activity, move to a cooler place and seek urgent help for severe symptoms.

## Build a family check rhythm

Use a 20-minute reminder for water, shade and a simple symptom question during prolonged activity.

The interval is an LBRD planning aid, not an NEA medical prescription; shorten it for more vulnerable people or harder activity.

## Recheck when conditions change

Cloud, wind, location and time can change the WBGT during an outing. Recheck before extending the plan.

A low reading at breakfast does not approve a long midday activity.

## Build a dated decision record

Write down the exact outcome you need: translate the live WBGT level into a go, modify or stop decision for the specific family. Keep the household, company, product, trip or booking facts that produced the result beside it. A result based on different facts is not a precedent, even when the headline issue looks similar.

Record the date and the controlling page you checked. For this decision, the source set is NEA heat stress advisory; Meteorological Service Singapore heat stress map. Save the relevant reference

number, model, class, property detail, deadline, service route or ticket choice. That makes it possible to reconstruct the decision if a rule, inventory position or personal fact changes.

Use two working aids instead of a single yes-or-no note. First, make a live-reading-to-family-action decision tree. Second, add a 90-minute outing with explicit check points. The first shows how the facts map to the official rule or live service; the second exposes the timing, cost, trade-off or follow-up action that a simple eligibility answer can hide.

Set a stop condition before acting. Pause if you encounter using air temperature alone, assuming water makes high heat safe, ignoring individual risk, or if any fact no longer matches the source you checked. Re-run the relevant official tool or contact the competent organisation. The purpose of the record is not paperwork for its own sake. It prevents an old screenshot, rough estimate or remembered rule from becoming an expensive assumption.

## Run a final preflight

Before committing money, submitting a form, changing a legal record, starting the trip or relying on the plan, read the opening answer again against your own facts. Confirm who is affected, which date controls, what evidence is still current and which organisation has authority to decide the case. If one of those elements is missing, the decision is not ready.

Then assign the next action and a review date. The action may be a filing, a call, a booking, a household discussion or a fresh check of the live service. Keep the answer from NEA heat stress advisory beside the supporting detail from Meteorological Service Singapore heat stress map. This two-source preflight is deliberately short: it is the last chance to catch a stale rule, misunderstood threshold or unsupported assumption before it becomes harder to reverse.

## Work the example before the real decision

A 90-minute family outing can be split into three 20-minute activity blocks, two 10-minute shaded breaks and a 10-minute arrival or exit buffer. At moderate or high stress, shorten or cancel rather than preserving the timetable.

## Reader checklist

1. Check the nearest WBGT
2. Assess age and health
3. Choose timing and shade
4. Carry water
5. Set 20-minute checks
6. Know warning symptoms
7. Recheck before extending

## Mistakes to avoid

- Using air temperature alone
- Assuming water makes high heat safe
- Ignoring individual risk
- Pushing through symptoms
- Using a morning reading all day

## Related next reads

After translate the live WBGT level into a go, modify or stop decision for the specific family, [plan outdoor time for children](#). You can also [build another home-safety plan](#).

## Questions readers ask

### What does WBGT include?

Air temperature, humidity, wind and solar radiation.

### Does the advisory replace medical advice?

No. Individual health circumstances still matter.

### What should happen with severe symptoms?

Stop, cool the person and seek urgent medical help.

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