

HEAT STRESS MONITORING WORKSHEET

Date/Time Started

LOCATION	TIME	DB	WB	GT	WBGT	PHEL	STAY TIME
MMR							
AMR							
AFT STEERING							
SCULLERY							
LAUNDRY							

What aspects of this stress are beyond your control?

3. Stelena is in kindergarten, but she comes to your program in the morning before school. She is outgoing and seems to have many friends. However, Monday mornings seem to be stressful for her. Often she will just sit by the door for a long time after her mother leaves.

When complete, either save worksheet onto your computer (File---Save As)