

Appendix D

Heat stress app – shift questionnaire for field

Questions to be taken on smart phone app (see screen shots below)

1. I am physically exhausted right now (not at all, a little, moderately, quite a bit, extremely)
2. I feel mentally tired or unable to concentrate right now (not at all, a little, moderately, quite a bit, extremely)
3. Please indicate which work tasks you just completed, starting with the most recent:
Task _____
What time did you start this work task? _____
What time did you end this work task? _____
Describe your exertion level during this task
4. Describe how hot or cool you are right now (scale 0.0 unbearably cold, 0.5, 1.0 very cold, 1.5, 2.0 cold, 2.5, 3.0 cool, 3.5, 4.0 comfortable, 4.5, 5.0 warm, 5.5, 6.0 hot, 6.5, 7.0 very hot, 7.5, 8.0 unbearably hot)
5. Describe your location where you were working when you received the alert (i.e., where are you in the mine): _____

Heat stress app screen shots



