

EXAMPLE DATA · Low example · fictional site and made-up answers. Not a real assessment.

HeatProtectionSolutions · heatprotectionsolutions.com

HEAT-RISK READINESS REPORT

Example office, Utrecht (fictional)

One site · as answered on 15 October 2026 · reference HRR-EXAMPLE-LOW



HEAT-RISK LEVEL

Low

The site looks fairly well prepared. Keep checks and the plan up to date.

0–24 Low · 25–49 Moderate · 50–74 High · 75–100 Critical. A higher score means more heat-risk factors at this site.

Building and envelope		15
Cooling and equipment		0
People and work		20
Preparedness		29

In this report: executive brief · findings per answer · your 30-day plan · options checklist with supplier questions · employer heat duties for your site · your answers, method and sources.

Scores sites, not people. Not engineering, legal or health advice. The score is calculated only from your answers with fixed, published weights. No benchmarks, cost or return figures, or vendor rankings.

Executive brief

ONE PAGE · SHARE WITH YOUR TEAM

Heat-risk level: Low, driven mainly by preparedness.

Example office, Utrecht (fictional) scores 14 out of 100. The site looks fairly well prepared. Keep checks and the plan up to date. The biggest gap is **people more sensitive to heat on site**, followed by indoor heat not measured and local heat exposure unknown or high. Cooling and equipment is the strongest area (0/100).

01

NOTABLE · PEOPLE AND WORK

People more sensitive to heat on site

Some people may need earlier or extra measures.

Your answer: "Some"

02

NOTABLE · PREPAREDNESS

Indoor heat not measured

Thermostats sit where it is comfortable, not where it is hottest.

Your answer: "Spot checks or room thermostats only"

03

NOTABLE · PREPAREDNESS

Local heat exposure unknown or high

The site's local heat exposure is unknown. It takes a few minutes to check in the Klimaateffectatlas.

Your answer: "Not checked"

THE ONE NEXT MOVE · THIS WEEK

Make it easy for people to say if heat affects them, and offer extra measures on request.

Timing: Start with the low-cost measures in the 30-day plan: maintenance, shading, schedules and the heat plan.

Findings, answer by answer

Every finding below follows from the answer you gave. Severity compares your answer to the most at-risk answer for that question.

Building and envelope

15/100

MINOR

What kind of site is it?

"Office, retail or other commercial floor"

Commercial floors usually have moderate internal heat (people, IT, lighting) but often a lot of glass, so solar gain and comfort tend to be the main issues.

OK

When was the main building built or last deeply renovated?

"After 2010"

A recent envelope usually limits conducted heat, but well-insulated buildings can still overheat if sun and internal heat cannot get out at night.

OK

What is the main roof like?

"Light-coloured, reflective or green roof"

Light, reflective or green roofs absorb less sun, which keeps the floor below cooler on sunny days.

MINOR

How much glass is in the walls and roof?

"Moderate"

Moderate glazing can overheat individual rooms that face the sun.

OK

Do sunny façades (south, south-west, west) have outside shading?

"Yes, external shading on sunny sides"

External shading stops sun before it reaches the glass, which is the most effective place to block it.

Cooling and equipment

0/100

OK

Are there significant heat sources inside (ovens, furnaces, steam, compressors, server racks)?

"No significant sources"

Internal heat is mostly people, lighting and office equipment.

OK

How are the main work areas cooled?

"Mechanical cooling sized for the whole area"

Full cooling gives control, as long as it is maintained and can cope with a heatwave.

OK

What happens on site on the hottest days?

"Nothing notable"

No reported problems on hot days so far. Keep checking: more frequent and longer heatwaves can change that.

OK

Is cooling and ventilation checked before each summer?

"Yes, a planned check every spring"

A spring check catches most avoidable failures before the first hot day.

People and work

20/100

OK

Does work involve outdoor tasks or heavy physical effort?

"No"

Mostly sedentary indoor work lowers the body's own heat production.

NOTABLE

Are people on site who may be more sensitive to heat (for example older staff or visitors, pregnant workers, young workers, people with health conditions, new or temporary staff)?

"Some"

Some people may need earlier or extra measures.

Preparedness

29/100

OK

Do you have a heat plan with clear triggers (who does what, from which temperature or KNMI warning)?

"Yes, written and known by staff"

A known, written plan turns intentions into actions on the day.

NOTABLE

Do you measure indoor temperatures in the hottest areas?

"Spot checks or room thermostats only"

Thermostats sit where it is comfortable, not where it is hottest.

NOTABLE

Have you checked the site's local heat exposure (for example in the Klimaateffectatlas)?

"Not checked"

The site's local heat exposure is unknown. It takes a few minutes to check in the Klimaateffectatlas.

Timing

Nothing major planned. With no major project planned, focus on low-cost operational measures and maintenance first.

Your 30-day plan

Built only from the gaps in your answers, highest severity first. Tick items off as you go.

WEEK	ACTIONS
Week 1	☐ People more sensitive to heat on site: Make it easy for people to say if heat affects them, and offer extra measures on request. ☐ Indoor heat not measured: Place simple temperature loggers in the two or three hottest work areas.
Week 2	☐ Local heat exposure unknown or high: Look up the site in the Klimaateffectatlas (heat-stress maps) and note what you see. ☐ People more sensitive to heat on site: Ask the company doctor or occupational health service (arbodienst) for advice.
Week 3	☐ Site use adds heat or sensitivity: List the main internal heat sources and heat-sensitive areas (equipment rooms, mezzanines, stock, waiting areas) on a floor plan. ☐ Large glazed areas: Mark the rooms with large glass areas and when they get direct sun.
Week 4	☐ Add what you learned this month to the heat plan and share it with staff. ☐ Start with the low-cost measures in the 30-day plan: maintenance, shading, schedules and the heat plan.

Options checklist

Categories worth exploring for your gaps, in order of severity. Not product recommendations, rankings or endorsements. Ask for at least two options.

People more sensitive to heat on site **NOTABLE**

- ☐ Occupational health advice
- ☐ Flexible work options and cooler workplaces for those who need them

Indoor heat not measured **NOTABLE**

- ☐ Temperature loggers or building sensors (with open data export)
- ☐ Thermal imaging survey

Questions to ask a supplier:

- Do the sensors measure only air temperature, or also radiant heat or WBGT in work zones?
- Do we own the raw data with an open export (CSV, BACnet, Modbus, MQTT) and no lock-in?

Local heat exposure unknown or high NOTABLE

- ☐ Greening or unpaving around the site
- ☐ Shade on parking areas, loading bays and outdoor work areas

Minor gaps, no options listed: site use adds heat or sensitivity; large glazed areas. Revisit them when you plan related work.

Your answers and how the score works

#	QUESTION	YOUR ANSWER	POINTS
1	What kind of site is it?	Office, retail or other commercial floor	1/3
2	When was the main building built or last deeply renovated?	After 2010	0/2
3	What is the main roof like?	Light-coloured, reflective or green roof	0/3
4	How much glass is in the walls and roof?	Moderate	1/3
5	Do sunny façades (south, south-west, west) have outside shading?	Yes, external shading on sunny sides	0/2
6	Are there significant heat sources inside (ovens, furnaces, steam, compressors, server racks)?	No significant sources	0/3
7	How are the main work areas cooled?	Mechanical cooling sized for the whole area	0/3
8	What happens on site on the hottest days?	Nothing notable	0/3
9	Is cooling and ventilation checked before each summer?	Yes, a planned check every spring	0/2
10	Does work involve outdoor tasks or heavy physical effort?	No	0/3
11	Are people on site who may be more sensitive to heat (for example older staff or visitors, pregnant workers, young workers, people with health conditions, new or temporary staff)?	Some	1/2
12	Do you have a heat plan with clear triggers (who does what, from which temperature or KNMI warning)?	Yes, written and known by staff	0/3
13	Do you measure indoor temperatures in the hottest areas?	Spot checks or room thermostats only	1/2
14	Have you checked the site's local heat exposure (for example in the Klimaateffectatlas)?	Not checked	1/2
15	Is anything coming up in the next 6–24 months?	Nothing major planned	0/0

Score = points ÷ maximum points × 100 across 14 scored questions (the timing question is not scored). Pillar scores use the same rule per pillar. Gaps are ranked by the share of the maximum for that question. The same method runs in the free self-check on heatprotectionsolutions.com, so scores match. Weights are judgement-based relative weights, not measured data. Scores sites, not people. Not engineering, legal or health advice.

Employer heat duties for this site

General awareness of Dutch rules, selected for your answers, not legal advice. Check the current texts, your sector's arbocatalogus, and ask your arbodienst or a legal adviser for your situation.

- ☐ Arbowet art. 3: pursue a working-conditions policy that protects workers' health and safety, including in heat.
ALWAYS
- ☐ Arbowet art. 5: the risk inventory and evaluation (RI&E) should cover heat where relevant, with a plan of action (plan van aanpak).
ALWAYS
- ☐ Arbobesluit art. 6.1 (Temperatuur) and 6.2 (Luchtverversing): the temperature and ventilation at the workplace must not harm health. There is no single legal maximum workplace temperature in the Netherlands; the duty is to assess and act on the risk.
ALWAYS
- ☐ Arbowet art. 8: inform and instruct workers about heat risks and the measures on site.
ALWAYS
- ☐ Arbobesluit art. 6.4 (Weren van zonlicht): workplaces should be protectable against nuisance from direct sunlight where needed.
BECAUSE OF YOUR GLAZING OR SHADING ANSWERS
- ☐ Arbowet art. 4: adapt work to the personal characteristics of workers where needed.
BECAUSE SENSITIVE PEOPLE ARE ON SITE
- ☐ Arbobesluit art. 1.40–1.42a: specific RI&E, work-organisation and information duties for pregnant and breastfeeding workers. Young workers also have specific protections in the Arbobesluit.
BECAUSE SENSITIVE PEOPLE ARE ON SITE
- ☐ Involve the works council (ondernemingsraad) or staff representatives where relevant (WOR art. 27 consent right on working-conditions rules).
ALWAYS

On hot days, follow KNMI weather warnings. KNMI defines a heatwave (hittegolf) at De Bilt as at least five consecutive days of 25 °C or more, of which at least three of 30 °C or more. The RIVM Nationaal Hitteplan describes the national heat-warning approach.

Sources

- Arbowet and Arbobesluit (wetten.overheid.nl): <https://wetten.overheid.nl/BWBR0010346>
- Arbobesluit, hoofdstuk 6 and art. 1.40–1.42a: <https://wetten.overheid.nl/BWBR0008498>
- RIVM, Nationaal Hitteplan: <https://www.rivm.nl/hitte/nationaal-hitteplan>
- KNMI, heatwave definition (hittegolf): <https://www.knmi.nl/kennis-en-datacentrum/uitleg/hittegolf>
- KNMI'23 climate scenarios: <https://www.knmi.nl/klimaat/scenarios>
- Klimaateffectatlas (heat-stress maps): <https://www.klimaateffectatlas.nl/nl/>
- EU-OSHA, Heat at work: guidance for workplaces: <https://osha.europa.eu/en/publications/heat-work-guidance-workplaces>
- ISO 7243:2017, heat stress assessment with the WBGT index: <https://www.iso.org/standard/67188.html>
- NIOSH (2016), Occupational exposure to heat and hot environments: <https://www.cdc.gov/niosh/docs/2016-106/>
- IEA, The Future of Cooling: <https://www.iea.org/reports/the-future-of-cooling>
- EEA, European Climate Risk Assessment (2024): <https://www.eea.europa.eu/publications/european-climate-risk-assessment>

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