

**Table 3-3  
Heat Injury Prevention Measures Using NOAA Heat Index**

	<b>Work/Rest</b>	<b>Water Consumption Requirement</b>
<b>White Conditions</b>	<b>Light Activity: Continuous</b>	<b>Light Activity: ¼ quart(1 cup) per hour</b>
	<b>Moderate Activity: Continuous</b>	<b>Moderate Activity: ¼ quart(1 cup) per hour</b>
	<b>Heavy Activity: Continuous</b>	<b>Heavy Activity: ¼ quart(1 cup) per hour</b>
<b>Yellow Conditions</b>	<b>Light Activity: 55 min Work/5 min Rest</b>	<b>Light Activity: ¼ quart(1 cup) per hour</b>
	<b>Moderate Activity: 50 min Work/10 min Rest</b>	<b>Moderate Activity: ½ quart(2 cups) per hour</b>
	<b>Heavy Activity: 45 min Work/15 min Rest</b>	<b>Heavy Activity: ¾ quart(3 cups) per hour</b>
<b>Orange Conditions</b>	<b>Light Activity: 50 min Work/10 min Rest</b>	<b>Light Activity: ½ quart(2 cups) per hour</b>
	<b>Moderate Activity: 45 min Work/15 min Rest</b>	<b>Moderate Activity: ¾ quart(3 cups) per hour</b>
	<b>Heavy Activity: 30 min Work/30 min Rest</b>	<b>Heavy Activity: 1 quart(4 cups) per hour</b>
<b>Red Conditions</b>	<b>Light Activity: 45 min Work/15 min Rest</b>	<b>Light Activity: ¾ quart(3 cups) per hour</b>
	<b>Moderate Activity: 30 min Work/30 min Rest</b>	<b>Moderate Activity: 1 quart(4 cups) per hour</b>
	<b>Heavy Activity: 15 min Work/45 min Rest</b>	<b>Heavy Activity: 1-1/2 quarts(4.5 cups) per hour</b>