

Work Rest Cycles Using Wet Bulb Globe Temperatures (Degrees Fahrenheit)

Work Load	Acclimatized			Unacclimatized		
	Light	Moderate	Heavy	Light	Moderate	Heavy
Continuous Work	≤ 85	≤ 81	≤ 78	≤ 81	≤ 77	≤ 74
Work 45 Minutes; Rest 15 Minutes	85 – 86	82 – 83	79 – 81	82 – 84	77 – 79	≤ 74-76
Work 30 Minutes; Rest 30 Minutes	87 - 88	84 - 85	82 – 83	85 – 86	80 – 82	≤ 79
Work 15 Minutes; Rest 45 Minutes	≥ 88	≥ 88	≥ 83	≥ 86	≥ 82	> 79

Restrictive Clothing Factors:

Chemical Protective Clothing:

Body Armor:

Float Coat:

Dry Suit:

ADD 10 Degrees to Measured WBGT

ADD 5 Degrees to Measured WBGT

ADD 5 Degrees to Measured WBGT

ADD 10 Degrees to Measured WBGT

(Only Applicable if worn on boat or shore, not in water)

This Table should be used to determine if environmental conditions exceed the heat stress criteria (based upon acclimatization levels and work activity) and to determine the appropriate work/rest cycles to use.

