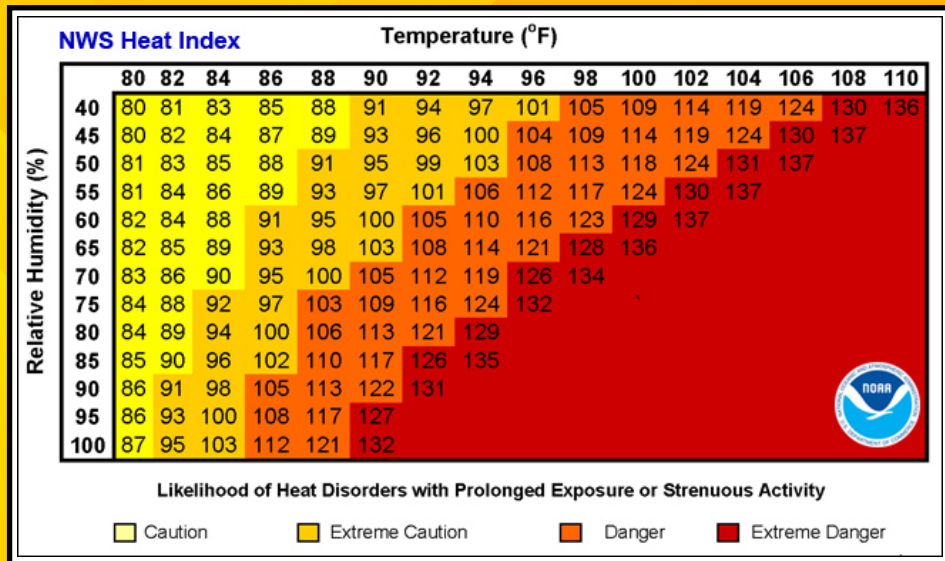




HEAT INDEX CHART

What the temperature feels like to the human body in the shade when combined with humidity.



REMEMBER: WATER. REST. SHADE.



HEAT: WET BULB GLOBE TEMPERATURE (WBGT)

The WBGT is the gold standard for measuring heat stress when working in the sun. The temperature from a WBGT meter accounts for humidity, wind speed, sunlight, sun angle, and cloud cover. Find your heat risk, recommended work/rest cycle, and minimum water intake below.

Heat Risk Category	Wet Bulb Globe Temp	Light Work		Moderate Work		Heavy Work		
		Work/Rest	Water Intake (quart/hr)	Work/Rest	Water Intake (quart/hr)	Work/Rest	Water Intake (quart/hr)	
No Risk	• Unacclimated	78 – 79.9	50/10 min	½	40/20 min	¾	30/30 min	¾
	• Acclimated	78 – 79.9	continuous	½	continuous	¾	50/10 min	¾
Low	Unacclimated	80 – 84.9	40/20 min	½	30/30 min	¾	20/40 min	1
	Acclimated	80 – 84.9	continuous	½	50/10 min	¾	40/20 min	1
Moderate	Unacclimated	85 – 87.9	30/30 min	¾	20/40 min	¾	10/50 min	1
	Acclimated	85 – 87.9	continuous	¾	40/20 min	¾	30/30 min	1
High	Unacclimated	88 – 90	20/40 min	¾	10/50 min	¾	avoid	1
	Acclimated	88 – 90	continuous	¾	30/30 min	¾	20/40 min	1
Extreme	Unacclimated	> 90	10/50 min	1	avoid	1	avoid	1
	Acclimated	> 90	50/10 min	1	20/40 min	1	10/50 min	1

- Unacclimated: Worker's body has not yet adapted to the change in temperature.
- Acclimated: Worker's body has adapted to the change in temperature over at least 1 week.

Adapted from 1) USGS Survey Manual, Mgmt. of Occ. Heat Stress, Ch. 45, App. A; 2) Manual of Naval Preventive Medicine, Ch. 3; 3) OSHA Tech. Manual Section III, Ch. 4; 4) NWS Tulsa Forecast Office, WBGT

REMEMBER: WATER. REST. SHADE.