

Work/Rest Cycles & Water Intake

| Heat Category | WBGT INDEX (° F) | Easy Work/Rest (Minutes) | Water Intake/Hr (Qts) | Moderate Work/Rest (Minutes) | Water Intake/Hr (Qts) | Hard Work/Rest (Minutes) | Water Intake/Hr (Qts) |
|---------------|------------------|--------------------------|-----------------------|------------------------------|-----------------------|--------------------------|-----------------------|
| 0 | < 78 | NL | N/A | NL | N/A | NL | N/A |
| 1 | 78-81.9 | NL | 1/2 | NL | 3/4 | 40/20 | 3/4 |
| 2 | 82-84.9 | NL | 1/2 | 50/10 | 3/4 | 30/30 | 1 |
| 3 | 85-87.9 | NL | 3/4 | 40/20 | 3/4 | 30/30 | 1 |
| 4 | 88-89.9 | NL | 3/4 | 30/30 | 3/4 | 20/40 | 1 |
| 5 | > 90 | 50/10 | 1 | 20/40 | 1 | 10/50 | 1 |

N/A – Not Applicable

NL – No Limit