

**HEALTH AND SAFETY**

Table 10. Work-Rest Cycles and Fluid Replacement Guidelines

Heat Category	WBGT Index °F	Light (Easy) Work		Moderate Work		Hard (Heavy Work)	
		Work/Rest	Water Intake (Quart/hr)	Work/Rest	Water Intake (Quart/hr)	Work/Rest	Water Intake (Quart/hr)
1	78-81.9	NL	1/2	NL	3/4	40/20 min	3/4
2 (Green)	82-84.9	NL	1/2	50/10 min	3/4	30/30 min	1
3 (Yellow)	85-87.9	NL	3/4	40/20 min	3/4	30/30 min	1
4 (Red)	88-89.9	NL	3/4	30/30 min	3/4	20/40 min	1
5 (Black)	>90	50/10 min	1	20/40 min	1	10/50 min	1

1. If wearing Mission Oriented Protective Posture 4, add 10° F to WBGT.
2. If wearing personal body armor, add 5° F to WBGT in humid climates.
3. Daily fluid intake should not exceed 12 quarts.
4. Caution: Hourly fluid intake should not exceed one quart.
5. Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
6. NL = no limit to work time per hour.
7. These work/rest time and fluid replacement volumes sustain performance and hydration for at least 4 hours of work in the specified work category. Individual water needs may vary ±1/4 qt/hr.