

Suggested Industrial Heat Stress Work-Rest Cycles

Work Level	Max WBGT Temperature and Flag Color			
	Continuous Work	75% Work 25% Rest	50% Work 50% Rest	25% Work 75% Rest
Light	86	87	89	90
Moderate	80	82	85	88
Heavy	77	78	82	86

Notes: 1) Unacclimatized workers should be closely monitored for 2 weeks. Refer to AFPAM 48-151 for further guidance. 2) Add 10° F to current WBGT if wearing ground crew ensemble, fire fighting gear, or other restrictive/impermeable clothing. 3) Add 15° F to current WBGT if wearing combat armor.

Remember: Supervisors are responsible for employee safety! Work outdoors during coolest parts of the day and ensure cool water and shade are available. Factors contributing to heat stress: fever, alcohol use, lack of sleep, medication, and dehydration

Definitions (Reference: AETCI 90-801 & AFPAM 48-151)

Easy Work	Drill & ceremony, walking at 2.5 mph, < 30 lb load
Moderate Work	Light to moderate conditioning exercise, patrolling, walking at 3.5 mph, < 40 lb load
Hard Work	Running, heavy vigorous conditioning exercise, walking at 3.5 mph, carrying > 40 lb load
Heat Illness	Symptoms and Treatment
Syncope	Fainting. Move to cool area and provide water.
Cramps	Cramps. Move to cool area and provide water; massage cramps.
Exhaustion	Heavy sweating, headache, weakness, nausea. Move to cool area and provide water.
Heat Stroke	Headache, nausea, dizziness, unconsciousness. MEDICAL EMERGENCY! Call 911. Move to cool area, lay flat, remove restricted clothing, fanning, cold ice packs, spray with water

Contact Bioenvironmental Engineering (x3126) for more heat stress information

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