

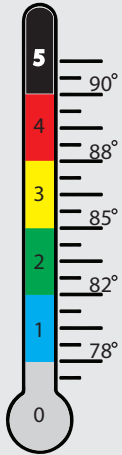


Current Heat Stress Conditions



United States Army Garrison Humphreys

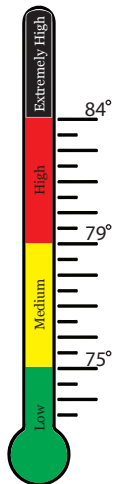
Military Personnel



Easy Work		Moderate Work		Hard Work	
Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)
50/10 min	1	20/40 min	1	10/50 min	1
No Limit	3/4	30/30 min	3/4	20/40 min	1
No Limit	3/4	40/20 min	3/4	30/30 min	1
No Limit	3/4	50/10 min	3/4	30/30 min	1
No Limit	1/2	No Limit	3/4	40/20 min	3/4

- Easy Work:**
 - Weapon Maintenance
 - Walking Hard Surface at 2.5 miles per hour, less than 30 pounds load
 - Marksmanship Training
 - Drill and Ceremony
- Moderate Work:**
 - Walking Loose Sand at 2.5 miles per hour, no load
 - Walking Hard Surface at 3.5 miles per hour, less than 40 pounds load
 - Calisthenics
 - Patrolling
 - Individual Movement Techniques, i.e. Low Crawl, High Crawl, etc.
- Hard Work:**
 - Walking Hard Surface at 3.5 miles per hour, equal to or greater than 40 pounds load
 - Walking Loose Sand at 2.5 miles per hour with load
 - Field Assaults

Children



Cancel all athletic activities.

Stop activity of unacclimatized persons and other persons with high risk; limit activities of all others (disallow long-distance races, cut down further duration of other activities).

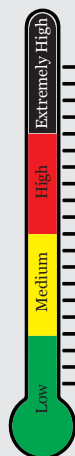
Longer rest periods in the shade; enforce drinking every 15 minutes.

All activities allowed, but be alert for symptoms of heat-related illness in prolonged events.

Heat affects children at different WBGT levels than for adults!

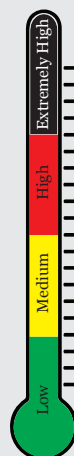
Civilian Employees, Contractors, and Adult Family Members

Light



- Sitting with moderate arm and leg movement.
- Standing with light work at machine or bench while using mostly arms.
- Using a table saw.
- Standing with light or moderate work at machine or bench and some walking about.
- An easy walk.

Moderate



- Scrubbing in a standing position or mopping.
- Walking about with moderate lifting or pushing.
- Walking on level ground at 3.5 miles/hour while carrying a 6.5 lb. load.
- Softball, Golf.
- Gardening.

Heavy



- Carpenter sawing by hand.
- Shoveling sand.
- Heavy assembly work on a non-continuous basis.
- Intermittent heavy lifting with pushing or pulling (e.g., pick & shovel work).
- Running, Soccer, Tennis.

Rest per Hour

45 minutes
30 minutes
15 minutes
Continuous Work