

Garrison Operations WBGT Work/Rest Water Consumption Guidance

Easy	Moderate	Hard
<ul style="list-style-type: none"> ▪ Sitting ▪ Attending a meeting ▪ Reading /Completing paperwork ▪ Watching training or monitoring work ▪ Sitting with light manual work with hands and arms ▪ Driving with frequent stops ▪ Standing with light arm work ▪ Casual walking (2 mph) ▪ Lifting 10 lbs fewer than 8 times per minute or 25 lbs less than 4 times per minute ▪ Using small bench or power tools ▪ Inspecting / sorting small or light materials ▪ Assembling small parts ▪ Nailing 	<ul style="list-style-type: none"> ▪ Sustained moderate hand and arm work ▪ Moderate arm and leg work ▪ Moderate pushing and pulling ▪ Walking at a moderate speed ▪ Lifting 10 lbs 10 times per minute or 25 lbs 6 times per minute ▪ Repetitive bending or squatting ▪ Painting ▪ Pushing or pulling lightweight materials ▪ Off road operation of trucks, tractors or construction equipment ▪ Operating an air hammer ▪ Weeding or hoeing 	<ul style="list-style-type: none"> ▪ Intense arm/leg work ▪ Carrying, shoveling, manual sawing ▪ Pushing or pulling heavy loads ▪ Walking at a fast pace 4 mph ▪ Lifting 10 lbs 14 times per minute, or 25 lbs 10 times per minute ▪ Transferring heavy materials ▪ Sledge hammer work ▪ Hand mowing, weed wacking, shoveling or digging ▪ Laying concrete or constructing ▪ Very intense activity at fast to maximum pace ▪ Jogging running or walking faster than 4 mph ▪ Lifting 10 lbs more than 18 times per minute or 25 lbs more than 13 times per minute ▪ Ax or demolition work ▪ Climbing stairs, ramps or ladders

The work rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences ($\pm \frac{1}{4}$ qt/hr) and exposure to full sun or full shade ($\pm \frac{1}{4}$ qt/hr).

NL = no limit to work time per hour.

Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.

Caution: Hourly fluid intake should not exceed 1 $\frac{1}{2}$ quarts. Daily fluid intake should not exceed 12 quarts.

Heat Category	WBGT Index	EASY		MODERATE		HARD	
		WORK/REST	WATER INTAKE (QT/HR)	WORK/REST	WATER INTAKE	WORK/REST	WATER INTAKE
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