

Use the following chart as a guide to set up work/rest schedules. Adjust temperature values in the chart with sunlight and humidity factors listed below. Assumptions: Workers are physically fit, well-rested, fully hydrated, under age 40 and environment has 30% humidity and perceptible air movement. Use metabolic work rate definitions in section 4 to help define work categories.

Temperature (°F)	Light Work Minutes Work/Rest	Moderate Work Minutes Work/Rest	Heavy Work Minutes Work/Rest
90	Normal	Normal	Normal
91	Normal	Normal	Normal
92	Normal	Normal	Normal
93	Normal	Normal	Normal
94	Normal	Normal	Normal
95	Normal	Normal	45/15
96	Normal	Normal	45/15
97	Normal	Normal	40/20
98	Normal	Normal	35/25
99	Normal	Normal	35/25
100	Normal	45/15	30/30
101	Normal	40/20	30/30
102	Normal	35/25	25/35
103	Normal	30/30	20/40
104	Normal	30/30	20/40
105	Normal	25/35	15/45
106	45/15	20/40	Caution
107	40/20	15/45	Caution
108	35/25	Caution	Caution
109	30/30	Caution	Caution
110	15/45	Caution	Caution
>110	Caution	Caution	Caution

Adjustments: Add for the following environmental and humidity conditions:

Full Sun (No clouds): Add 13 °F

Partly cloudy/overcast: Add 7 °F

No Shadows visible, in the shade, or at night: No Adjustment

Humidity: 40% - Add 3 °F

50% - Add 6 °F

60% - Add 9 °F

Example: Conditions - 90 °F, partly cloudy skies and 50 % humidity. Add 7°F for partly cloudy, and 6 °F for 50% humidity to arrive at 103 °F value.