

HEAT CATEGORY

HEAT CAT.	EASY WORK			MODERATE WORK			HARD WORK		
		WORK/REST	WATER	WORK\REST	WATER	WORK\REST	WATER		
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		

***NOTE* MOPP GEAR ADDS 10 DEG. F TO WBGT INDEX**

