

# Work/Rest/Water Consumption Table

*Applies to average sized, heat acclimated soldier wearing BDU, hot weather*

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> <li>• Weapon Maintenance</li> <li>• Walking Hard Surface at 2.5 mph, &lt; 30 lb Load</li> <li>• Marksmanship Training</li> <li>• Drill and Ceremony</li> </ul>	<ul style="list-style-type: none"> <li>• Walking Loose Sand at 2.5 mph, No Load</li> <li>• Walking Hard Surface at 3.5 mph, &lt; 40 lb Load</li> <li>• Calisthenics</li> <li>• Patrolling</li> <li>• Individual Movement Techniques, i.e. Low Crawl, High Crawl, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load</li> <li>• Walking Loose Sand at 2.5 mph with Load</li> <li>• Field Assaults</li> </ul>

- 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/h) and exposure to full sun or full shade ( $\pm \frac{1}{4}$  qt/h).

- **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 1½ quarts.**

**Daily fluid intake should not exceed 12 quarts.**

- If wearing body armor add **5°F** to WBGT in humid climates.

- If wearing NBC clothing (MOPP 4) add **10°F** to WBGT.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1



For additional copies contact: U.S. Army Center for Health Promotion and Preventive Medicine (800) 222-9698

Also see <http://chppm-www.apca.army.mil/heat> for electronic versions of this document and other heat injury prevention resources.