### Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

<table>
<thead>
<tr>
<th>Heat Category</th>
<th>WBGT Index, F°</th>
<th>Easy Work</th>
<th>Moderate Work</th>
<th>Hard Work</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Work/Rest (min)</td>
<td>Water Intake (qt/hr)</td>
<td>Work/Rest (min)</td>
<td>Water Intake (qt/hr)</td>
</tr>
<tr>
<td>1</td>
<td>78° - 81.9°</td>
<td>NL</td>
<td>½</td>
<td>NL</td>
</tr>
<tr>
<td>2 (GREEN)</td>
<td>82° - 84.9°</td>
<td>NL</td>
<td>½</td>
<td>50/10 min</td>
</tr>
<tr>
<td>3 (YELLOW)</td>
<td>85° - 87.9°</td>
<td>NL</td>
<td>¾</td>
<td>40/20 min</td>
</tr>
<tr>
<td>4 (RED)</td>
<td>88° - 89.9°</td>
<td>NL</td>
<td>¾</td>
<td>30/30 min</td>
</tr>
<tr>
<td>5 (BLACK)</td>
<td>&gt; 90°</td>
<td>50/10 min</td>
<td>1</td>
<td>20/40 min</td>
</tr>
</tbody>
</table>

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
- NL = no limit to work time per hr.
- Rest = minimal physical activity (sitting or standing) accomplished in shade if possible.
- **CAUTION:** Hourly fluid intake should not exceed 1½ qts.

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

- If wearing body armor, add 5°F to WBGT index in humid climates.
- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.
- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

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