

Threshold Limit Values for Heat Exposure

WBGT Criterion Values for Work Rates that are:

<u>Hourly Activity</u>	<u>Light</u>	<u>Moderate</u>	<u>Heavy</u>
	Unacclimatized/ Acclimatized	Unacclimatized/ Acclimatized	Unacclimatized/ Acclimatized
100% Work	81.5 / 85.1 (27.5 / 29.5)	77 / 81.5 (25 / 27.5)	72.5 / 78.8 (22.5 / 26)
75% Work; 25% Rest	84.2 / 86.9 (29 / 30.5)	79.7 / 83.3 (26.5 / 28.5)	76.1 / 81.5 (24.5 / 27.5)
50% Work; 50% Rest	86 / 88.7 (30 / 31.5)	82.4 / 85.1 (28 / 29.5)	79.7 / 83.3 (26.5 / 28.5)
25% Work; 75% Rest	87.8 / 90.5 (31 / 32.5)	84.2 / 87.8 (29 / 31)	82.4 / 86 (28 / 30)

* Temperature values are in Fahrenheit (Celsius).

* Values are calculated using the following formula: $WBGT = 0.7 (NWB) + 0.3 (GT)$

* Acclimatization is acquired gradually, being fully achieved over 3 weeks.

Example: 93 degrees (GT) with a 81 (NWB)

$$\begin{array}{r}
 93 \\
 \times .3 \\
 \hline
 27.9
 \end{array}
 +
 \begin{array}{r}
 81 \\
 \times .7 \\
 \hline
 56.7
 \end{array}
 = 84.6$$

Light work at 84.6 recommends 50/50 work/rest (if unacclimatized).