

Work/Rest Schedules

Adjusted 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 [‡]
111	Caution [‡]	Caution [‡]	Caution [‡]
112	Caution [‡]	Caution [‡]	Caution [‡]

Work/Rest Schedules

Extreme Heat Stay Times			
Air Temperature (°F)	Not applicable if wearing anything heavier than work clothes or category 0 – 2 fire retardant clothing		
	Light Work	Moderate Work	Heavy Work
Greater than 123	Consult Corporate Safety		
120 to 123	Consult Corporate Safety or Use Ice/Cool Vests		
115 to 120	15 minutes		
110 to 115	20 minutes		
105 to 110	30 minutes	20 minutes	
100 to 105	50 minutes	25 minutes	
95 to 100	1 hour 15 minutes	30 minutes	15 minutes
90 to 95	2 hours	45 minutes	20 minutes
85 to 90	3 hours 15 minutes	50 minutes	40 minutes
80 to 85	Limited	3 hours	1 hour 30 minutes
Less than 80	by Employee Tolerance		

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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
111	Caution	Caution	Caution
112	Caution	Caution	Caution

NIOSH Work/Rest Schedule:

- Based on air temperature, with adjustments for direct sunlight and humidity.

Assumes workers are:

- Physically fit
- Well-rested
- Fully hydrated
- Under age 40
- Environment has 30% humidity and perceptible air movement

*From NIOSH Criteria for a Recommended Standard, Occupational Exposure to Heat and Hot Environments, <https://www.cdc.gov/niosh/docs/2016-106/pdfs/2016-106.pdf>.

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Temperature Adjustments for this Work/Rest Schedule are based on:

Environmental 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.

-AND -

Humidity:

- 40% humidity: Add 3 °F
- 50% humidity: Add 6 °F
- 60% humidity or more: Add 9 °F

*From NIOSH Criteria for a Recommended Standard, Occupational Exposure to Heat and Hot Environments, <https://www.cdc.gov/niosh/docs/2016-106/pdfs/2016-106.pdf>.

Work/Rest Schedules

Examples of Work at Different Intensity Levels

Light work:

- Operating equipment
- Inspection work
- Walking on flat, level ground
- Using light hand tools (wrench, pliers, etc.). However, this may be moderate work depending on the task
- Travel by conveyance



Work/Rest Schedules

Examples of Work at Different Intensity Levels

Moderate work:

- Jack-leg drilling
- Installing ground support
- Loading explosives
- Carrying equipment/supplies weighing 20-40 pounds
- Using hand tools (shovel, fin-hoe, scaling bar) for short periods



Work/Rest Schedules

Examples of Work at Different Intensity Levels

Heavy work:

- Climbing
- Carrying equipment/supplies weighing 40 pounds or more
- Installing utilities
- Using hand tools (shovel, fin-hoe, scaling bar) for extended periods



Knowledge Check

Work/Rest schedules are largely dependent on what factors?

- a. Metabolic work rate and temperature,
- b. Humidity and temperature
- c. Temperature, clothing and humidity
- d. Clothing, humidity and temperature

a. Metabolic work rate and temperature



Acclimatization

- Nearly 3 out of 4 heat illness fatalities happen during the first week of working in hot environments.
- New and returning workers need to acclimatize.
- Follow the 20% rule:
 - Day 1, only work 20% of a shift at full intensity.
 - Increase time working at full intensity by 20% a day.

