

# Work/Rest Schedules

<b>Extreme Heat Stay Times</b>				
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			

# 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.

