

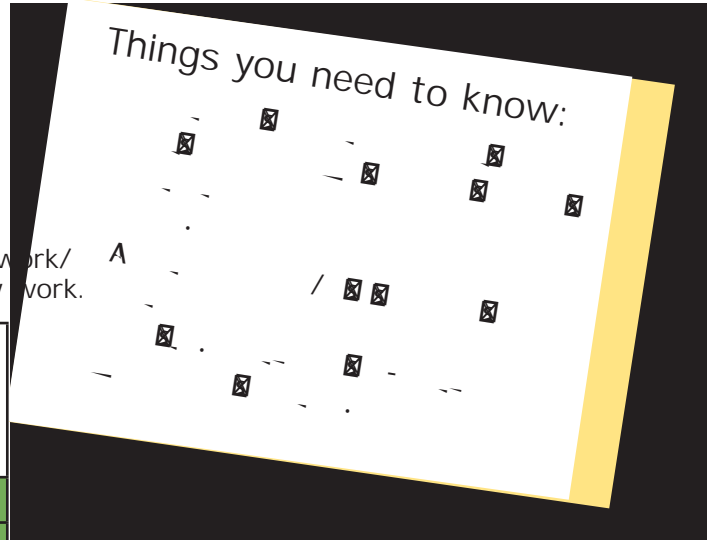
# Work/Rest Schedules

Using work/rest schedules can decrease the risk of heat illness

## Sample Work/Rest Schedule for Workers Wearing Normal Clothing\*



See reverse for temperature adjustments for the NIOSH work/rest schedule and examples of light, moderate, and heavy work.



Temperature (°F)	Light Work	Moderate Work	Heavy Work
90	—	—	—
91	—	—	—
92	—	—	—
93	—	—	—
94	—	—	—
95	—	—	45/15
96	—	—	45/15
97	—	—	40/20
98	—	—	35/25
99	—	—	35/25
100	—	45/15	30/30
101	—	40/20	30/30
102	—	35/25	25/35
103	—	30/30	20/40
<b>104</b>	<b>Normal</b>	<b>30/30</b>	<b>20/40</b>
105	—	25/35	15/45
106	45/15	20/40	Caution
107	40/20	15/45	Caution
<b>108</b>	<b>35/25</b>	<b>Caution</b>	<b>Caution</b>
109	30/30	Caution	Caution
110	—	—	—

