

HEAT STRESS INDEX

Today's Date: _____

Time: _____

Heat Stress Index (WBGT): _____

Heat Index Operational Times are 0830-1700

The Environmental Health (EH), Installation Preventive Medicine Department (IPMD) tracks the Wet Bulb Globe Temperature (WBGT) Index throughout the summer months (1 June to 30 September). The heat category determined using the temperature and humidity from this site is not indicative of the heat category throughout the Camp Zama Base Cluster. This is intended as a guide of the general heat condition present on post. It is a UNIT RESPONSIBILITY to record the WBGT Index at your specific training site and implement control measures as necessary. For further information regarding hot/cold weather injury prevention, contact EH at DSN 263-3748 or 263-5050.

WORK/REST CYCLES & WATER INTAKE

Use heat condition information below to determine required water intake and work/rest cycles.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work / Rest	Water Intake (Qt/H)	Work / Rest	Water Intake (Qt/H)	Work / Rest	Water Intake (Qt/H)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e. Low Crawl, High Crawl, etc. 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults
<ul style="list-style-type: none"> • The work-rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/h) and exposure to full sun or full shade (± ¼ qt/h). • CAUTION: Hourly fluid intake should not exceed 1½ quarts. Daily fluid intake should not exceed 12 quarts. • If wearing body armor add 5°F to WBGT in humid climates. 		

- NL = no limit to work time per hour.
- Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
- If wearing NBC clothing (MOPP 4) add 10°F to WBGT.