



WEEKLY SAFETY TOPICS HEAT ILLNESS

WORK AND REST SCHEDULES

SAMPLE WORK/REST SCHEDULE FOR WORKERS WEARING NORMAL CLOTHING

The NIOSH work/rest schedule is based on air temperature, with adjustments for direct sunlight and humidity. It may not be applicable to all worksites.

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

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

WHAT YOU NEED TO KNOW

- Continuous work in the heat is not advisable—you must take rest breaks periodically to allow your body to cool down.
- A variety of work/rest schedules are available that can be adapted to your worksite. Relying on self-pacing alone may not be sufficient.



TEMPERATURE ADJUSTMENTS FOR THIS WORK/REST SCHEDULE

Adjust the temperature in the table 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

Humidity

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

Examples of Work at Different Intensity Levels

- Light work: Operating equipment, Inspection work, Walking on flat ground
- Moderate work: Jack-leg drilling, Loading explosives, Installing ground support
- Heavy work: Climbing, Carrying more than 40 pounds