

## Heat Illness Prevention Plan - Appendix G: Work/Rest Schedule Options

### Option A. Manager-designated Heat Illness Prevention Rest Break Schedule:

Managers can use this option to protect employees from heat illness by integrating the minimum rest break durations and intervals from Table 1 into their rest break schedule:

Table 1. Minimum Rest Break Durations and Intervals

Heat Index (F)	Rest Break Durations & Intervals
90 or greater	10 minutes every 2 hours
100 or greater	15 minutes every hour

Managers must protect employees from heat illness by integrating the following elements into their heat illness prevention rest break schedule:

- The effect of personal protective equipment (PPE) on the body's ability to retain heat;
- The effect of the type of work clothing on the body's ability to retain heat;
- Relative humidity, whether work activities are indoors or outdoors; and
- The intensity of the work being performed

Managers should know that the aforementioned elements may increase the duration or interval of the rest break beyond the minimum requirements.

Managers should consider the effect of exposure to direct sunlight when developing their heat illness prevention rest break schedule.

### Option B. Simplified Heat Illness Prevention Rest Break Schedule

Managers can implement a rest break schedule using Table 2.

Table 2. Minimum Simplified Rest Break Schedule

Heat Index (F)	Rest Break Durations & Intervals
90 or greater	10 minutes every 2 hours
95 or greater	20 minutes every hour
100 or greater	30 minutes every hour
105 or greater	40 minutes every hour

### Option C. NIOSH Work Rest Schedule:

Managers can implement a rest break schedule by following the instructions underneath Table 3 for employees wearing normal work clothing, and Table 4 for employees wearing chemical resistant suits.

Table 3. Work/rest schedules for workers wearing normal work clothing<sup>1</sup>

Adjusted Temperature (F) <sup>2</sup>	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 <sup>3</sup>
107	40/20	15/45	Caution <sup>3</sup>
108	35/25	Caution <sup>3</sup>	Caution <sup>3</sup>
109	30/30	Caution <sup>3</sup>	Caution <sup>3</sup>
110	15/45	Caution <sup>3</sup>	Caution <sup>3</sup>
111	Caution <sup>3</sup>	Caution <sup>3</sup>	Caution <sup>3</sup>
112	Caution <sup>3</sup>	Caution <sup>3</sup>	Caution <sup>3</sup>

1: With the assumption that workers are physically fit, well-rested, fully hydrated, under age 40, and have adequate water intake and that there is 30% relative humidity and natural ventilation with perceptible air movement.

2: Adjust the temperature reading as follows before going to the temperature column in the table:

- Full sun (no clouds): Add 13    -Partly cloudy/overcast: Add 7
- No shadows visible/work is in the shade or at night: No adjustment
- Relative humidity: 10%: Subtract 8 20%: Subtract 4 30%: No adjustment 40%: Add 3  
50%: Add 6 60%: Add 9

3: High levels of heat stress; consider rescheduling activities.

Table 4. Work/rest schedules for workers wearing chemical resistant suits<sup>4</sup>

Air Temp (F)	Light Work			Moderate Work			Heavy Work		
	Full Sun	Partly Cloudy	No Sun <sup>5</sup>	Full Sun	Partly Cloudy	No Sun <sup>5</sup>	Full Sun	Partly Cloudy	No Sun <sup>5</sup>
75	Normal	Normal	Normal	Normal	Normal	Normal	35/25 <sup>6</sup>	Normal	Normal
80	30/30	Normal	Normal	20/40	Normal	Normal	10/50	40/20	Normal
85	15/45	40/20	Normal	10/50	25/35	Normal	Caution <sup>7</sup>	15/45	40/20
90	Caution <sup>7</sup>	15/45	40/20	Caution <sup>7</sup>	Caution <sup>7</sup>	25/35	Stop Work	Caution <sup>7</sup>	15/45
95	Stop Work	Stop Work	15/45	Stop Work	Stop Work	Stop Work	Stop Work	Stop Work	Stop Work

4: With the assumption that workers are heat-acclimatized, under the age of 40, physically fit, well-rested, fully hydrated, and wearing Tyvek coveralls, gloves, boots, and a respirator. Cooling vests may enable workers to work for longer periods. Adjustments must be made when additional protective gear is worn.

5: No shadows are visible or work is in the shade or at night.

6: 35 minutes work and 25 minutes rest each hour.

7: High levels of heat stress; consider rescheduling activities.