

Activity level restrictions for personnel in Training/Physical Conditioning

Heat Condition	WBGT Index	Outdoor Training / Physical Conditioning
<p style="font-size: 48pt; text-align: center;">1</p> <p style="text-align: center;">All Clear</p>	78 - 81.9	<p>Nonacclimated: Extremely intense physical exertion may precipitate heat exhaustion or heatstroke. Use caution in conducting physical activity</p> <p>Acclimated: Normal activity</p>
<p style="font-size: 48pt; text-align: center;">2</p>	82 - 84.9	<p>Nonacclimated: Use discretion in planning intense physical activity. Provide constant supervision.</p> <p>Acclimated: Normal activity</p>
<p style="font-size: 48pt; text-align: center;">3</p>	85 - 87.9	<p>Nonacclimated: Curtail strenuous exercises. Outdoor classes involving physical exertion canceled. Curtail outside work details. Provide constant supervision.</p> <p>Acclimated: Use discretion in planning intense physical activity. Provide constant supervision.</p>
<p style="font-size: 48pt; text-align: center;">4</p>	88 - 89.9	<p>Nonacclimated: Terminate all physical conditioning when 88° F and above. Terminate outside work details.</p> <p>Acclimated: Curtail strenuous exercise. Limited conditioning for periods not exceeding 6 hours. Curtail outside work details. Curtail outdoor training involving physical exertion. Provide constant supervision.</p>
<p style="font-size: 48pt; text-align: center;">5</p>	90 and above	<p>Nonacclimated or Acclimated: No physical conditioning. All outdoor classes involving physical exertion canceled. Terminate all outdoor work details.</p>