

Fluid Replacement Guidelines and Work Rest Schedules

Flag Condition	WBGTI °F	Easy Work		Moderate Work		Strenuous Work	
		Work / Rest	Water per Hr.	Work / Rest	Water per Hr.	Work / Rest	Water per Hr.
Green	80 - 84.9	No limit	½ Qt.	50/10	¾ Qt.	40/20	1 Qt
Yellow	85 - 87.9	No limit	¾ Qt.	40/20	¾ Qt.	30/30	1 Qt
Red	88 - 89.9	No limit	¾ Qt.	30/30	¾ Qt.	20/40	1 Qt
Black	90 & >	50/10	1 Qt.	20/40	1 Qt	10/50	1 Qt

- Work/rest cycle recommendations are based on personnel who are fully acclimatized, optimally conditioned, hydrated, and rested.
- Rest means minimal physical activity (sitting or standing) and should be accomplished in the shade if possible.
- For chemical protective over garments, PPE, or body armor, ADD 10°F to the WBGTI.
- Work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specific heat category. Individual water needs will vary ± ¼ quart per hour.
- The occurrence of a heat casualty should be considered a warning that other individuals may be at immediate risk.
- This guidance is not a substitute for common sense and experience; the appearance of heat casualties is a sure sign that the safe limit of work time had been exceeded and/or water consumption is inadequate.