These tables are extracted from the current doctrinal manual TB MED 507 as medically-recommended guidance for limited/controlled activities (such as training, Table 1), and operational conditions that may exceed 4 hours such as during deployments (Table 2). The doctrinal guidance in Table 2 is intentionally limited (such as regarding the amount of rest time between work durations). Leaders need to weigh the risk reduction offered by longer rests and breaks from heat exposure, strenuous activity, and Mission Oriented Protective Posture (MOPP)/combat clothing with other operational mission requirements and risks.

**Table 1. Fluid Replacement and Work-Rest Guidelines for Training up to 4 Continuous Hours**

If activities will be greater than 4 hours use Table 2 – along with adequate rest.

<table>
<thead>
<tr>
<th>Heat Cat</th>
<th>WBG/T Index, °F</th>
<th>Easy Work</th>
<th>Moderate Work</th>
<th>Heavy Work</th>
<th>Very Heavy Work</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Work(min)</td>
<td>Water Intake qt/hr</td>
<td>Work/Rest (min)</td>
<td>Water Intake qt/hr</td>
<td>Work/Rest (min)</td>
</tr>
<tr>
<td>1</td>
<td>78º - 81.9º</td>
<td>NL</td>
<td>½</td>
<td>NL</td>
<td>¾</td>
</tr>
<tr>
<td>2</td>
<td>82º - 84.9º</td>
<td>NL</td>
<td>½</td>
<td>NL</td>
<td>¾</td>
</tr>
<tr>
<td>3</td>
<td>85º - 87.9º</td>
<td>NL</td>
<td>¼</td>
<td>NL</td>
<td>¾</td>
</tr>
<tr>
<td>4</td>
<td>88º - 89.9º</td>
<td>NL</td>
<td>¼</td>
<td>50/10</td>
<td>¾</td>
</tr>
<tr>
<td>5</td>
<td>&gt; 90º</td>
<td>NL</td>
<td>1</td>
<td>20/40</td>
<td>1</td>
</tr>
</tbody>
</table>

**Table 2. Recommendations for Continuous Work Duration and Fluid Replacement**

Specific rest cycle durations are not prescribed for continuous operations; however, leaders should ensure rest breaks for Heat Category 3 and above.

<table>
<thead>
<tr>
<th>Heat Cat</th>
<th>WBG/T Index, °F</th>
<th>Easy Work</th>
<th>Moderate Work</th>
<th>Heavy Work</th>
<th>Very Heavy Work</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Work(min)</td>
<td>Water Intake qt/hr</td>
<td>Work/Rest (min)</td>
<td>Water Intake qt/hr</td>
<td>Work/Rest (min)</td>
</tr>
<tr>
<td>1</td>
<td>78º - 81.9º</td>
<td>NL</td>
<td>½</td>
<td>NL</td>
<td>¾</td>
</tr>
<tr>
<td>2</td>
<td>82º - 84.9º</td>
<td>NL</td>
<td>½</td>
<td>NL</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>85º - 87.9º</td>
<td>NL</td>
<td>¼</td>
<td>NL</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>88º - 89.9º</td>
<td>NL</td>
<td>¼</td>
<td>180</td>
<td>1 ¼</td>
</tr>
<tr>
<td>5</td>
<td>&gt; 90º</td>
<td>NL</td>
<td>1</td>
<td>70</td>
<td>1 ½</td>
</tr>
</tbody>
</table>

Cat: Category | min: minutes | qt/hr: quart per hour | NL: no limit | WBGT: wet bulb globe temperature
Easy Work = weapons maintenance, marksmanship training, drill and ceremony
Moderate Work = patrolling with a 30-pound load, low and high crawl, digging a defensive position
Heavy Work = patrolling with a 45-pound load, 4-person litter carry (180 pounds), jogging 4 mph
Very Heavy Work = 2-person litter carry (150 pounds), move under direct fire, obstacle course

Scan the QR code for more information.