

Appendix I

Work/Rest Table

Stations and Work Load					
Temperature	1-Wash	2-Decon Appl.	3-Wait/Interior	4-Rinse	5-Check
	Moderate	Heavy	Moderate	Moderate	Light
Cool (< 68°F) (< 20°C)	60 Work 0 rest	30 Work 30 Rest	60 Work 0 Rest	60 Work 0 Rest	60 Work 0 Rest
Warm (68-74°F) (20-24°C)	45 Work 45 Rest	20 Work 20 Rest	45 Work 45 Rest	45 Work 45 Rest	50 Work 50 Rest
Hot (77-84°F) (25-29°C)	30 Work 60 Rest	15 Work 30 Rest	30 Work 60 Rest	30 Work 60 Rest	40 Work 80 Rest
Very Hot (84°F) (29°C)	20 Work 60 Rest	10 Work 30 Rest	20 Work 60 Rest	20 Work 60 Rest	25 Work 75 Rest
When operating in temperatures above 75°F, you should consider the ability of the soldiers to accomplish the mission. Once soldiers have reached their maximum work load for heat stress, they can not recover quickly enough to accomplish the decon mission. A viable option is to postpone the decon operation until a cooler part of the day or evening. This will reduce the heat stress load on the soldiers and increase the probability of mission success. For further information see FM 3-4.					