





APPENDIX B

Work/Warm-up Schedule for a 4-Hour Shift

Air Temperature--Sunny Sky		No Noticeable Wind		5 mph Wind		10 mph Wind		15 mph Wind		20 mph Wind	
°F (approximate)	°C (approximate)	Maximum Work Period	Number of Breaks	Maximum Work Period	Number of Breaks	Maximum Work Period	Number of Breaks	Maximum Work Period	Number of Breaks	Maximum Work Period	Number of Breaks
-26 to -28	-15 to -19	(Normal Breaks) 1		(Normal Breaks) 1		75 min	2	55 min	3	40 min	4
-29 to -31	-20 to -24	(Normal Breaks) 1		75 min	2	55 min	3	40 min	4	30 min	5
-32 to -34	-25 to -29	75 min	2	55 min	3	40 min	4	30 min	5	Non-emergency work should cease 	
-35 to -37	-30 to -34	55 min	3	40 min	4	30 min	5	Non-emergency work should cease 			
-38 to -39	-35 to -39	40 min	4	30 min	5	Non-emergency work should cease 					
-40 to -42	-40 to -44	30 min	5	Non-emergency work should cease 							
-43 & below	-45 & below	Non-emergency work should cease									

Schedule applies to any 4-hour work period with moderate to heavy work activity; with warm-up periods of ten (10) minutes in a warm location and with an extended break (e.g. lunch) at the end of the 4-hour work period in a warm location.

Adapted from ACGIH 2012 TLVs