

Suggested Physiological Monitoring Frequency

Outside Temperature	Workers with Normal Clothing	Workers with Impermeable Clothing
90°F or above	After each 45 minutes of work	After each 15 minutes of work
87.5° - 90°F	After each 60 minutes of work	After each 30 minutes of work
82.5° - 87.5°F	After each 90 minutes of work	After each 60 minutes of work
77.5° - 82.5°F	After each 120 minutes of work	After each 90 minutes of work
72.5° - 77.5°F	After each 150 minutes of work	After each 120 minutes of work