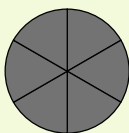
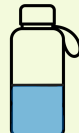
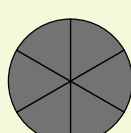


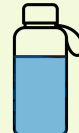
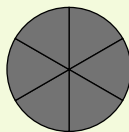
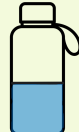
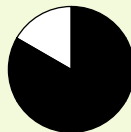
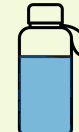
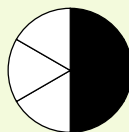

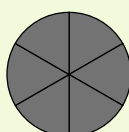
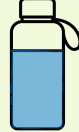
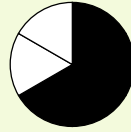

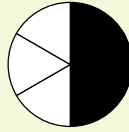
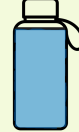
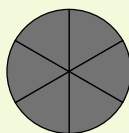

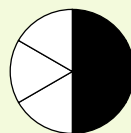

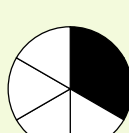


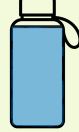
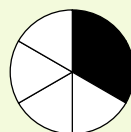

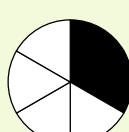



RISK LEVEL AT GIVEN “REAL FEEL” TEMPERATURE (WET BULB GLOBE TEMPERATURE INDEX)	WORK/REST RATIO (MINUTES) WATER INTAKE (QUARTS/HOUR)		
	EASY WORK	MODERATE WORK	HARD WORK
	<i>sitting with minimal hand/arm work, slow walking, stooping, crouching, kneeling</i>	<i>pushing and pulling light carts, picking fruit or vegetables, continuous normal walking, driving or operating mobile equipment, using hand tools</i>	<i>intense arm and trunk work, carrying loads, shoveling, pushing and pulling heavy carts or wheelbarrows, fast walking (>4 mph), manual raising and lowering loads</i>
MINIMAL RISK 78 - 81.9°F	REST: self-determined WATER: 0.5 qts  	REST: self-determined WATER: 0.75 qts  	REST: 40/20 WATER: 0.75 qts  
LOW RISK 82 - 84.9°F	REST: self-determined WATER: 0.5 qts  	REST: 50/10 WATER: 0.75 qts  	REST: 30/30 WATER: 1 qt  
MODERATE RISK 85 - 87.9°F	REST: self-determined WATER: 0.75 qts  	REST: 40/20 WATER: 0.75 qts  	REST: 30/30 WATER: 1 qt  
HIGH RISK 88 - 89.9°F	REST: self-determined WATER: 0.75 qts  	REST: 30/30 WATER: 0.75 qts  	REST: 20/40 WATER: 1 qt  
EXTREME RISK 90+°F	REST: 50/10 WATER: 1 qt  	REST: 20/40 WATER: 1 qt  	REST: 20/40 WATER: 1 qt  

Source: Hoidal, N., Black, K., Lor, P., Boyd, K., & Thone, M. (2024). Develop a heat and air quality safety plan for your farm workers. <https://extension.umn.edu/climate-resilience-resources-vegetable-growers-minnesota/heat-and-air-quality-safety-plan>