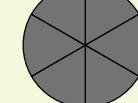
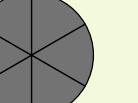
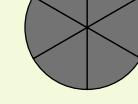
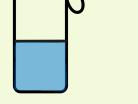
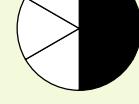
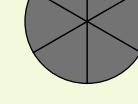
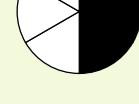
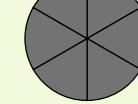
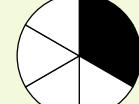
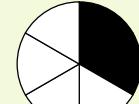


RISK LEVEL AT GIVEN "REAL FEEL" TEMPERATURE (WET BULB GLOBE TEMPERATURE INDEX)	WORK/REST RATIO (MINUTES) WATER INTAKE (QUARTS/HOUR)		
	EASY WORK	MODERATE WORK	HARD WORK
	sitting with minimal hand/arm work, slow walking, stooping, crouching, kneeling	pushing and pulling light carts, picking fruit or vegetables, continuous normal walking, driving or operating mobile equipment, using hand tools	intense arm and trunk work, carrying loads, shoveling, pushing and pulling heavy carts or wheelbarrows, fast walking (>4 mph), manual raising and lowering loads
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>