

HELENIC NATIONAL METEOROLOGICAL SERVICE

WBGT MEASUREMENT AND RECORD

SCHOOL: _____

SPORT: _____

[illegible]

WBGT READING	ACTIVITY ZONES, ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 80.0	0-Normal Activity
80.0 – 84.9	1-Discretion for performing heavy work by unacclimated personnel. Index limit value. Frequent water consumption (every 1 hour)
85.0 – 87.9	2- Restriction to intense work for non-acclimatized personnel. Avoid working in unshaded areas. Care for rest periods. Water consumption (per 30 minutes)
88.0 – 90.0	3- It is recommended to avoid working in direct sunlight. Long rest periods. Water consumption (per 15 minutes).
OVER 90.0	4-It is recommended to stop all outdoor work in areas without shade.