

Heat Condition	WBGT Index	Outdoor Training / Physical Conditioning
<p>1 All Clear</p>	<p>78 - 81.9</p>	<p>Nonacclimated: Extremely intense physical exertion may precipitate heat exhaustion or heatstroke. Use caution in conducting physical activity Acclimated: Normal activity</p>
<p>2</p>	<p>82 - 84.9</p>	<p>Nonacclimated: Use discretion in planning intense physical activity. Provide constant supervision. Acclimated: Normal activity</p>
<p>3</p>	<p>85 - 87.9</p>	<p>Nonacclimated: Curtail strenuous exercises. Outdoor classes involving physical exertion cancelled. Curtail outside work details. Provide constant supervision. Acclimated: Use discretion in planning intense physical activity. Provide constant supervision.</p>
<p>4</p>	<p>88 - 89.9</p>	<p>Nonacclimated: Terminate all physical conditioning when 88° F and above. Terminate outside work details. Acclimated: Curtail strenuous exercise. Limited conditioning for periods not exceeding 6 hours. Curtail outside work details. Curtail outdoor training involving physical exertion. Provide constant supervision.</p>
<p>5</p>	<p>90 and above</p>	<p>Nonacclimated or Acclimated: No physical conditioning. All outdoor classes involving physical exertion cancelled. Terminate all outdoor work details.</p>