

TABLE 3. TRADOC Recommendations^a for Continuous Work Duration and Fluid Replacement in Warm and Hot Environments

Heat Category	WBGT Index (°F)	Easy Work		Moderate Work		Heavy Work		Very Heavy Work	
		Work (min)	Water Intake (qt/hr)	Work (min)	Water Intake (qt/hr)	Work (min)	Water Intake (qt/hr)	Work (min)	Water Intake (qt/hr)
1 (white)	78–81.9	NL ^b	½	NL ^b	¾	110	¾	45	¾
2 (green)	82–84.9	NL ^b	½	NL ^b	1	70	1	40	1
3 (yellow)	85–87.9	NL ^b	¾	NL ^b	1	60	1	25	1
4 (red)	88–89.9	NL ^b	¾	180	1¼	50	1¼	20	1¼
5 (black)	> 90	NL ^b	1	70	1½	45	1½	20	1½

Notes:

1. Applies to average-sized and heat-acclimatized service member wearing the operational camouflage pattern uniform.
2. Fluid needs can vary based on individual differences ($\pm \frac{1}{4}$ qt/hr) and exposure to full sun or shade ($\pm \frac{1}{4}$ qt/hr).
3. CAUTION: Hourly fluid intake should not exceed 1½ qts.
4. CAUTION: Daily fluid intake should not exceed 12 qts.

Abbreviations: TRADOC, Training and Doctrine Command; WBGT, wet bulb global temperature; F, Fahrenheit; min, minimum; qt, quart; hr, hour; NL, no limit.

^aReference 23, page 24.

^bNo work limit per hour, up to 4 continuous hours.