

ACGIH Work/Warm Schedule for Moderate to Heavy Work Over a 4-Hour Shift

Air Temperature (°F) Sunny Sky	Maximum Work Period with Number of 10 Minute Breaks				
	No Wind	5 mph Wind	10 mph Wind	15 mph Wind	20 mph Wind
5 to 9	No recommendation	No recommendation	No recommendation	No recommendation	120 min, 1 break
0 to 4			No recommendation	120 min, 1 break	120 min, 1 break
-1 to -5			120 min, 1 break	120 min, 1 break	75 min, 2 breaks
-10 to -14			120 min, 1 break	120 min, 1 break	75 min, 2 breaks
-15 to -19	120 min, 1 break	120 min, 1 break	75 min, 2 breaks	55 min, 3 breaks	40 min, 4 breaks
-20 to -24	120 min, 1 break	75 min, 2 breaks	55 min, 3 breaks	40 min, 4 breaks	30 min, 5 breaks
-25 to -29	75 min, 2 breaks	55 min, 3 breaks	40 min, 4 breaks	30 min, 5 breaks	Non-emergency work should stop
-30 to -34	55 min, 3 breaks	40 min, 4 breaks	30 min, 5 breaks	Non-emergency work should stop	
-35 to -39	40 min, 4 breaks	30 min, 5 breaks	Non-emergency work should stop		
-40 to -44	30 min, 5 breaks	Non-emergency work should stop			
-45 and below	Non-emergency work should stop				

Schedule applies to any 4-hour work period with moderate to heavy work activity; with warm-up periods of ten (10) minutes in a warm location and with an extended break (e.g. lunch) at the end of the 4-hour work period in a warm location.

Adapted from ACGIH 2012 TLVs