

## HEAT PRECAUTIONS

HEAT CATEGORY	WATER INTAKE	WORK/REST CYCLE(min)
1	1/2 QT/HR	CONTINUOUS
2	1/2 QT/HR	50 work/10 rest
3	1 QT/HR	45 work/15 rest
4	1 1/2 QT/HR	30 work/30 rest
5	2 QT/HR	20 work/40 rest

**Note: MOPP gear or body armor will increase effects of heat. Watch for dehydration**