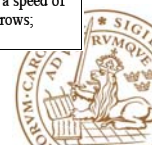


## Exempel på metabolisk värmeproduktion enligt ISO 8996

Class	Average metabolic rate $Wm^{-2}$	Examples of work and activities
1	65	Resting
2	100	Average for full work shifts including breaks Sitting at ease: light manual work (writing, typing, drawing, sewing, bookkeeping); hand and arm work (small bench tools, inspection, assembly or sorting of light materials); arm and leg work (driving vehicle in normal conditions, operating foot switch or pedal). Standing drilling (small parts); milling machine (small parts); coil winding; small armature winding; machining with low power tools; casual walking (speed up to 3,5 km/h).
3	165	Average for full work shifts including breaks Sustained hand and arm work (hammering in nails, filing); arm and leg work (off-road operation of lorries, tractors or construction equipment); arm and trunk work (work with pneumatic hammer, tractor assembly, plastering, intermittent handling of moderately heavy material, weeding, hoeing, picking fruits or vegetables, pushing or pulling light-weight carts or wheelbarrows, walking at a speed of 3,5 km/h to 5,5 km/h, forging).
4	230	Average for full work shifts including breaks Intense arm and trunk work; carrying heavy material; shovelling; sledgehammer work; sawing; planing or chiselling hard wood; hand mowing; digging; walking at a speed of 5,5 km/h to 7 km/h. Pushing or pulling heavily loaded hand carts or wheelbarrows; chipping castings; concrete block laying.

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## Exempel på metabolisk värmeproduktion enligt ISO 8996

5	290	Average for full work shifts including breaks Very intense activity at fast pace; working with an axe; intense shovelling or digging; climbing stairs, ramp or ladder; walking quickly with small steps; running; walking at a speed greater than 7 km/h.
6	400	Continuous work for up to 2 hours without breaks Safety and rescue work with heavy equipment and/or personal protective equipment. Mine or tunnel escape. Fit individuals pacing themselves at 50-60% of their maximal aerobic capacity. Walking quickly or running with protective equipment and/or tools and goods. Walking at 5 km/h, 10 % elevation.
7	475	Continuous work for up to 15 minutes without breaks Rescue and fire fighting work at high intensity. Fit and well-trained individuals pacing themselves at 70-80% of their maximal aerobic capacity. Searching contaminated spaces; crawling under and climbing over obstacles; removing debris; carrying a hose. Walking at 5 km/h, 15 % elevation.
8	600	Continuous work for less than 5 minutes without breaks Rescue and fire fighting work at maximal intensity. Fit and well-trained individuals pacing themselves at 80-90% of their maximal physical work capacity. Climbing stairs and ladders at high speed; removing and carrying victims. Walking at 5 km/h, 20 % elevation.

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