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Reference number of working document **ISOTC159 SC5 WG1**

Date: 2016-08-25

Reference number of document: **ISO FDIS 7243**

Committee identification: ISO/TC 159/SC 5/WG 1

Secretariat: BSI

# Ergonomics of the thermal environment – Assessment of heat stress using the WBGT (wet bulb globe temperature) index

*Élément introductif — Élément principal — Partie n: Titre de la partie*

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Document type: International standard Document subtype: if applicable Document stage: (20) Preparation Document language: E

**ISO FDIS 7243**

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# Foreword

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ISO FDIS 7243 was prepared by Technical Committee ISO/TC 159, Ergonomics, Subcommittee SC 5, Ergonomics of the Physical Environment.

This third edition cancels and replaces the second edition (ISO 7243, 1989)

# Introduction

This International Standard provides a method for the assessment of heat stress. It is one of a series of standards intended for use in the assessment of thermal environments. These include standards for the assessment of hot, moderate and cold environments involving both the principles of assessment and their practical application.

The wet bulb globe temperature (WBGT) is a heat stress index and its value represents the thermal environment to which an individual is exposed. This index is easy to determine in most environments. It should be regarded as a screening method to establish the presence or absence of heat stress.

A method of estimating the thermal stress, based on an analysis of the heat exchange between a person and the environment, allows a more accurate estimation of stress and an analysis of the methods of protection (see ISO 7933). Such a method should be used either directly when it is desired to carry out an intensive analysis of working conditions in heat, or in addition to the method presented in this standard, which is based upon the WBGT index, when the WBGT values obtained exceed the reference values shown.

# Ergonomics of the thermal environment – Assessment of heat stress using the WBGT (wet bulb globe temperature) index

## Scope

This International Standard presents a screening method for evaluating the heat stress to which a person is exposed.

It should be regarded as a method to establish the presence or absence of heat stress.

It applies to the evaluation of the effect of heat on a person during his or her total exposure over the working day (up to 8 hours)

It does not apply for very short exposures to heat.

It applies to the assessment of indoor and outdoor occupational environments as well as to other types of environment.

It applies to male and female adults who are fit for work.

## Normative references

The following referenced documents are indispensable for the application of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 7726 (1998) (ED 2) Ergonomics of the thermal environment -- Instruments for measuring physical quantities

ISO 7933 (2004) (ED 2) Ergonomics of the thermal environment -- Analytical determination and interpretation of heat stress using calculation of the predicted heat strain

ISO 8996 (2004) (ED 2) Ergonomics of the thermal environment -- Determination of metabolic rate

ISO 9920 (2007) (ED 2) Estimation of thermal insulation and water vapour resistance of a clothing ensemble (see also amended version 2009)

ISO 13731 (2001) (ED 1) Ergonomics of the thermal environment -- Vocabulary and symbols

## Terms and definitions

For the purposes of this standard the definitions given in ISO 13731 and the following apply.

## 3.1

**Wet Bulb Globe Temperature WBGT**

Simple index of the environment that is considered along with metabolic rate to assess the potential for heat stress among those exposed to hot conditions.

Note. The WBGT index combines the measurement of two derived parameters, natural wet-bulb temperature (tnw) and black globe temperature (tg). Where the sensors are influenced by direct incident radiation from the sun (solar load) either outdoors or indoors, the weighting of the globe temperature is reduced by including air temperature (ta).

## 3.2

**Effective WBGT WBGTeff**

WBGT value adjusted for the effects of clothing.

It gives the equivalent WBGT environment when wearing the actual clothing to that when wearing standard work clothing (thermal insulation index Icl = 0,6 clo, im = 0,38 - see ISO 9920).

## 3.3

**Clothing Adjustment Value**

**CAV**

Adjustment to the WBGT value to account for the effects of clothing that has different thermal properties from that of standard work clothing.

## Methods

The degree of heat stress to which a person is exposed depends on

1. the characteristics of the environment governing heat transfer between the ambient environment and the body,
2. the production of heat inside the body as a result of physical activity, and
3. the clothing worn, which modifies the exchange of heat with the environment.

A detailed analysis of the influence of the environment on heat stress requires knowledge of the following four basic parameters: air temperature, mean radiant temperature, air velocity, and absolute humidity [ISO 7726]. However, an estimation of this influence can be made by measuring parameters derived from these basic parameters and are a function of the physical parameters of the environment investigated. The wet bulb globe temperature (WBGT) index is the index used in this international standard to give a first approximation of the heat stress on a person (see Section 5).

The internal thermal load is the result of metabolic energy caused by activity. The rate of metabolic heat production is usually estimated (see Section 6).

The heat stress threshold of this standard assumes a long sleeve cotton shirt and cotton trousers (pants). An adjustment shall be made for other clothing (see Section 7).

This method of estimating heat stress is based on the assessment of these different parameters and the calculation of mean values taking into account changes in location, duration, and activity as well as variations in time. (see Section 8).

The WBGT reference values (exposure limits) presented in this international standard correspond to levels of sustained exposure for up to 8 h.

The WBGT values obtained by the method described in this international standard are compared with WBGT reference values (exposure limits). If the values are greater than the reference values, then the risk of heat-related disorders increases and it will be necessary to either

—reduce directly the heat stress or strain at the workplace by appropriate methods; or

—carry out a detailed analysis of the heat stress using ISO 7933

It should be noted that the exposure thresholds described in this standard are designed to reduce the risk of heat-related illness. It does not preclude the possibility of other outcomes associated with heat stress exposures (e.g., risk of burns and accidents, loss of productivity, or lack of comfort).

## Determination of WBGT

The following expressions provide equations for the calculation of WBGT and show the relationship between the different parameters:

* + without solar load:

WBGT = 0,7 tnw + 0,3 tg (1)

* + with solar load:

WBGT = 0,7 tnw + 0,2 tg + 0,1 ta (2)

Globe temperature assesses the total radiant heat load from the sun and other sources. Equation 2 accounts for an overestimation of direct radiant heat from the sun (solar load). That is, the standard is applicable where there is radiant heat load with or without direct solar radiation. (equations 1 and 2).”

The reference values were selected so that the level of heat stress can be sustained during the total exposure over the working day (up to 8 hours). The time interval for analysis is about 1 hour, representative of the exposure. If there are spatial and/or temporal variations in the environment, it is necessary to adjust for those variations as described in Sections 9.1 (spatial variation) and 9.2 (temporal variation).

Annex B describes the specific specifications for sensors associated with the measurement of the WBGT and shall be used in the application of this international standard. (see Notes 1 and 2).

Note 1. There are variations in the design of actual sensors in instrumentation that are used to assess WBGT. The common variations in design are described in Annex C along with a discussion of the design implications when compared with the design adopted in this standard and presented in Annex B.

Note 2. The preferred method for determining WBGT values is direct measurement using the sensors described in Annex B. However, it is sometimes of interest to predict WBGT values from the four parameters, air temperature, mean radiant temperature, relative humidity and air velocity. (See Annex C and D)

## Determination of metabolic rate

The quantity of heat produced inside the body is an important contributor to heat stress and a valid estimate of this is essential for the assessment. Metabolic rate, which represents the total quantity of energy consumed inside the body over time, is a good estimation of this for most situations (i.e., the energy consumed can be assumed to be the heat produced as the energy used for other functions such as external work is usually negligible by comparison).

Metabolic rate may be classified as resting, low metabolic rate, moderate metabolic rate, high metabolic rate, or very high metabolic rate using Table E1 in Annex E. The values provided in the table are based on continuous work at the described levels of effort. In the case of intermittent work, a time-weighted averaging must be performed as described in Section 9.3.

If a more detailed estimation is required, then the methods described in ISO 8996 should be used.

## Determination of the effects of clothing

The reference values (exposure limits) provided in Annex A were developed with cotton work clothes (0.6 clo and im = 0.38) as the reference clothing. Different clothing, especially with a different evaporative resistance, is likely to have a different effect on the heat stress level. For clothing materials and configurations different from standard work clothing, Clothing Adjustment Values (CAVs) in WBGT temperature units are provided in the standard. The Clothing Adjustment Value is added to the measured WBGT to produce an effective WBGT (WBGTeff) that represents an estimate of the heat stress provided by the actual clothing worn as an equivalent environment.

That is,

WBGTeff = WBGT + CAV (3)

Annex F provides a list of Clothing Adjustment Values (CAVs). It should be remembered that the effects of clothing can be complex and that the CAV is a simple adjustment and a first approximation to taking account of the heat stress on a person as determined from laboratory results.

There may be a clothing ensemble for which a CAV is not directly known. In this case, one may be estimated from clothing with similar thermal properties. The thermal properties of a wide range of clothing are provided in ISO 9920. For clothing ensembles for which the CAV cannot be determined, this standard shall not be used and a detailed analysis of the heat stress, using ISO 7933, shall be carried out.

CAV is an approximation of the effect of wearing clothing that differs from the “ordinary work clothes” for which the reference values given in Figure A1 in Annex A apply without any adjustment for clothing (CAV = 0). In general, the CAV increases with increasing evaporative resistance (or decreasing permeability index). Other effects are radiant heat, air velocity, body movements, clothing configurations and humidity. Of these, the CAV is greatly affected by a combination of high evaporative resistance and humidity. In this case, and because of the simplistic nature of the adjustment, a CAV should be a high estimate to allow for a margin of safety. The effects of radiant heat on the CAV are not known.

## Timing and duration of measurements

* 1. **Timing of measurements**

The determination of the WBGT index in accordance with this International Standard allows only the estimation of the heat stress to which a worker is subjected at the time when the measurements were carried out. Consequently, it is recommended that measurements are carried out at the time of the year when heat stress is most likely to occur (during the hot summer period). For the same reason, the representative period of the exposure is best selected during the middle of the day, or the period of the exposure which is most likely to induce heat stress.

Note. If the work over a day is divided into distinctly different types or categories then it may be necessary to make separate measurements and separate assessments of the different types of work For example when there is mainly light work in the morning and heavy work in the afternoon, or when the WBGT values are significantly different for periods of over an hour.

* 1. **Duration of the measurements**

A measurement of the WBGT is required over a representative period of about one hour. The duration of each measurement depends on the response time of the sensor, which on certain occasions may be considerable (globe temperature especially). A steady-state value for all sensor readings should be established prior to recording the values assigned for that reading. The total duration of measurement may therefore be greater than the one hour used as the time base in the analysis (equation (6)).

It is possible to record environmental measurements with high resolution (e.g. every second or minute) and store large amounts of data in digital form.

It should be remembered that time constants, accuracy and sensitivity of instrumentation must be taken into consideration when measuring the value of any parameter.

## Spatial and temporal variations

* 1. **1 Measurement specifications relating to the heterogeneity of the environment (spatial variations)**

The WBGT values should normally be measured at the position of the abdomen (ISO 7726) of the people exposed to heat. When parameters in the space surrounding people are not homogeneous, measurement should be made at the position where heat stress is highest.

In the case where it is impossible to situate the sensors at the normal place of work, they should be situated where they will be exposed to the same influence from the environment.

* 1. **Measurement specifications relating to the time variations of the WBGT index**

If the analyses of the environment and of the activity have shown that a parameter does not show a constant value in time, a representative mean value has to be determined.

The most accurate procedure consists in measuring the continuous development of this parameter as a function of time and deducing from it the mean value by integration. As this method can only be used with difficulty in many cases, the variations of each parameter are classified into almost constant levels. The mean value of the parameter considered is then obtained by weighting the levels of the different categories by the total time during which each of these levels was obtained.

The time base *T* for the calculation of the mean values is a period of about 1 h, which is representative of the possible heat stress exposure. The mean value of a parameter *p* (for example: air temperature, natural wet bulb temperature, globe temperature or *WBGT* in the case of simultaneous measurement of the three parameters of the environment), for which the development as a function of time has been broken down into “*n*” levels is therefore expressed by the following formula where

(p 1 × 𝑡1 ) +(𝑝2 × 𝑡2 )+ ⋯ +(𝑝𝑛 × 𝑡𝑛 )

𝑝̅ =

Where

𝑡1+𝑡2+⋯𝑡𝑛

(5)

𝑝1, 𝑝2, … , 𝑝𝑛 is the level of the parameter obtained during time 𝑡1, 𝑡2, … 𝑡𝑛; and

𝑡1 + 𝑡2 + ⋯ = 𝑇 (6)

The number of measurements to be carried out depends on the variation speed of the parameters,

the response characteristics of the sensors used and the desired accuracy of measurement.

* 1. **Measurement specifications relating to the time variations of the Metabolic rate**

Equation (5) applies to the determination of the time-weighted mean value of the metabolic rate based on values measured or estimated from reference tables. The metabolic rate is classified under one of the five main classes presented in Annex E. The mean metabolic rate level is determined from Equation (5), where the parameter is metabolic rate, by taking, for each elementary activity, the mean value of the metabolic rate given in Table E1.

When there is doubt with regard to the metabolic rate value to be adopted, the reference value to be used is that corresponding to the higher metabolic rate, if necessary class 3 if all measurement or estimation is impossible.

* 1. **Measurement specifications relating to the time variations of the clothing**

If the clothing varies throughout the exposure, the time weighted average WBGTeff values shall be used according to Formula (5).

## Interpretation

The values of the WBGTeff index in Annex A are given as a reference. They apply to individuals physically fit for the activity being considered and in good health.

If the WBGTeff value is less than or equal to the corresponding WBGTeff reference value, then no further action is required. If the WBGTeff value is greater than the corresponding WBGTeff reference value, then further action is required as described in Clause 4.

Note 1. The reference values are representative of the effect of heat over a relatively long period of work. They do not take into account the peak values of heat stress to which individuals may be subjected for short periods (a few minutes) either as a result of a particularly hot environment, or of momentarily intense physical activity. In such cases, where exposures are very brief, the heat stress may exceed the permissible values without the reference values representative of a mean activity or

mean environment being exceeded. Further consideration of the peak exposures should be given in addition to the assessment carried out using this international standard. (see ISO 7933).

Note 2. For the purposes of this standard an acclimatised person is a person that has been exposed to the hot working conditions (or similar or more extreme conditions) for at least one full working week immediately prior to the assessment period. If this is not the case, the person shall be considered to be unacclimatized.

## Annex A (informative)

**Reference values of the WBGT heat stress index**

The Time Weighted Average (TWA) effective WBGT (TWA-WBGTeff) is the time-weighted measured value adjusted for clothing.

Table A1: WBGTeff reference values for acclimatised and unacclimatised people for five classes of metabolic rate.

|  |  |  |  |
| --- | --- | --- | --- |
| **Metabolic rate (class) See Table E1 for description.** | **Metabolic rate (W)** | **WBGT reference limit for person acclimatised to heat (oC)** | **WBGT reference limit for person unacclimatised to heat (oC)** |
| **Class 0 Resting metabolic rate** | 115 | 33 | 32 |
| **Class 1**  **Low metabolic rate** | 180 | 30 | 29 |
| **Class 2 Moderate metabolic rate** | 300 | 28 | 26 |
| **Class 3**  **High metabolic rate** | 415 | 26 | 23 |
| **Class 4**  **Very high metabolic rate** | 520 | 25 | 20 |

Note: Table A1 values for WBGTeff are provided to harmonize with existing national standards. As the standards are revisited in the future, the values from Figure A1 or the related equations may be considered. The newer values will generally differ by ±1 °C.

The reference values (exposure limits) provided in Table A1 should be used when the best estimate of metabolic rate available is based upon categories of work in the Table A1 and as described in Table E1. If the WBGTeff values, determined for the hot environment under assessment, are greater than the WBGTeff reference values then further action is required (see clause 4)

If a more accurate estimate of metabolic rate is available, then the reference values (exposure limits) can be obtained by linear interpolation in the Table A1.

Figure A1 illustrates the continuous relationship between metabolic rate and WBGTeff. As noted in Table A1, the values in Figure A1 and the associated equations may differ from the table values. The solid line in Figure A1 provides a sustainable level of heat stress exposure for normal, healthy, acclimatised workers. The dashed line provides a sustainable level of heat stress exposure for normal, healthy, unacclimatised workers. These relationships may be used in lieu of Table A1.

Figure A1. WBGTeff reference value limits by metabolic rate. Values are based on a sustainable level of heat stress exposure for normal, healthy adults.

The index does not take account of any effect related to body size or similar, e.g. obesity.

The lines in Figure A1 can be determined from the following equations:

For acclimatised people (solid line)

WBGTeff reference value WBGTref = 56.7 – 11.5 log10(M) °C

For unacclimatised people (dashed line)

WBGTeff reference value WBGTref = 59.9 – 14.1 log10(M) °C

where 115 > M < 520 and M is the metabolic rate in watts

## Annex B (normative)

**Measurement of parameters used in the WBGT-index and specification of instruments**

* 1. **Natural wet bulb temperature sensor**

The natural wet bulb temperature is the value indicated by a temperature sensor covered with a wetted wick that is ventilated naturally, i.e. placed in the environment under consideration without artificially forced ventilation. It is exposed to the air temperature, radiation, humidity and air velocity of the environment. The natural wet bulb temperature is thus different from the thermo-dynamic temperature determined with a psychrometer.

The temperature sensor shall comply with the following characteristics:

1. Shape of the sensitive part of the sensor: cylindrical.
2. External diameter of the sensitive part of the sensor: 6 mm± 1 mm.
3. Length of the sensor: 30 mm± 5 mm.
4. Measuring range: 5 °C to 40 °C.
5. Accuracy of measurement: ± 0,5 °C.
6. The whole sensitive part of the sensor shall be covered with a white wick of a highly water- absorbent material (for example, cotton).
7. The support of the sensor shall have a diameter equal to 6 mm, and 20 mm of it shall be covered by the wick.
8. The wick shall be woven in the shape of a sleeve and shall be fitted over the sensor with precision. Too loose a grip is detrimental to the accuracy of measurement.
9. The wick shall be kept clean.
10. The lower part of the wick shall be immersed in a reservoir of distilled water. The free length of the wick in the air shall be 20 mm to 30 mm.
11. The reservoir shall be designed in such a way that the temperature of the water inside cannot rise as a result of radiation from the environment.
    1. **Globe temperature sensor**

The globe temperature is the temperature indicated by a temperature sensor placed in the centre of a globe having the following characteristics:

1. Diameter: 150 mm.
2. Mean emission coefficient: 0,95 (matte black globe).
3. Thickness: as thin as possible.
4. Measuring range: 20 °C to 120 °C.
5. Accuracy of measurement:

— range 20 °C to 50 °C: ± 0,5 °C;

— range 50 °C to 120 °C: ± 1 °C.

Note 1. For globe temperature measurements, it is important when making measurements to avoid unintentional shielding of the globe by the body of the instrument.

Note 2. For globe temperature, material type will affect the time constant but not the steady state globe temperature. Materials with high thermal conductivity, such as copper, will provide a lower time constant than that of globes made from materials with lower thermal conductivity.

## B.3 Measurement of air temperature

The air temperature, a basic parameter, may be measured by any suitable method, whatever the shape of the sensor used. It is, however, necessary to comply with the measurement precautions relating to air temperature measurement.

The air temperature sensor shall, in particular, be protected from radiation by a device which does not impede the circulation of air around the sensor and does not re-radiate heat to it. The measuring range for the air temperature is 10 °C to 60 °C and the accuracy ± 0.5 °C.

## Annex C (informative) Alternative Globe Thermometers

The globe temperature sensor is specified in Annex B. That is the only specification that meets the requirements of the standard. As an approximation, globes that vary from that specification may be used if a valid correction is made to provide an estimation of the temperature of the globe of the correct specification. The following equations may be used to make the correction. It is important to note that making a correction for globe size involves measurements of the environment (e.g. air temperature, air velocity). The accuracy of any prediction will therefore be dependent on the accuracy of the environmental measures. Errors in measurement can be significant so any correction will include these inaccuracies. This is why it is emphasized that the actual globe specified is the only one which will meet the specification. It can be seen that to make a correction for globe size, air velocity is required. If air velocity is not known then it will not be possible to make a correction.

The equilibrium temperature (*t*) of a black spherical sensor (e.g. globe thermometer where t=tg) is given by

*t* 1*g* *ta* *gtr*

where

*ta* air temperature

*tr* mean radiant temperature

*g* radiant response ratio

And for forced convection (v>0.2 ms-1) g can be estimated (see Note) from:



(C1)

(C2)

where

*v* = air velocity (m s-1)

*d* = diameter of sensor (m)

Note 6. Equation (C1) above assumes an emissivity of unity for the sensor, which is not the case for globes that are colours other than black. A more general equation is

1*g* *ta* *gtr*

*t* 

11***g*

(C3)

where **

is the emissivity of the sensor. For a silvered surface the emissivity may be as low as 0.1

and for a black bulb close to 1.0. It can be seen that to make a valid correction the diameter of the globe, air velocity, radiant temperature and air temperature are all influential.

Note. More correctly g is the radiative heat transfer coefficient (hr) divided by the total heat transfer coefficient (hc + hr).

To predict the temperature of a black globe of 150mm diameter (tg150) from the temperature of a black globe of diameter d mm (tgd) the following equation can be used

11.13*v*0.6*d* 0.4

*d*

*t*

*g*

150

*ta* 

*a*

#### 12.41*v*

0.6

*tg*

*ta* 

(C4)

*a*

From equation (C4) for the conditions in the example, the black globe temperature of a 150mm diameter globe is predicted to be 25.5 oC when the black globe temperature of a 100 mm diameter globe is 25 oC.

Table C1. Examples of calculations for predicting 150mm diameter globe temperature.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Globe diameter d (mm) | Globe temperature tg (oC) | Air temperature ta (oC) | Air velocity v (ms-1) | Predicted 150 mm diameter Globe temperature (oC) |
| 50 | 22 | 20 | 0.5 | 22.5 |
| 100 | 25 | 20 | 0.5 | 25.5 |
| 25 | 25 | 25 | 0.2 | 25.0 |
| 50 | 30 | 25 | 0.5 | 31.4 |
| 100 | 40 | 25 | 0.75 | 41.7 |
| 120 | 45 | 25 | 1.0 | 46.3 |
| 25 | 25 | 20 | 1.0 | 28.7 |
| 50 | 30 | 30 | 0.75 | 30.0 |
| 100 | 40 | 30 | 0.5 | 41.0 |
| 120 | 50 | 30 | 0.2 | 50.9 |
| 25 | 25 | 25 | 0.25 | 25.0 |
| 50 | 30 | 30 | 1.0 | 30.0 |
| 100 | 40 | 35 | 2.0 | 40.6 |
| 120 | 50 | 40 | 2.0 | 50.7 |

## Annex D (informative)

**Prediction of natural wet bulb temperature**

The indirect evaluation of tnw by calculation is neither simple nor reliable especially when air velocity is low and in conditions of natural convection. It is not recommended, however it can be of interest in some applications.

Based on the heat balance equation of the wet wick, the following equation (to be solved by an iterative procedure) can be used to obtain the natural wet bulb temperature(tnw,oC) from air temperature (ta, oC), mean radiant temperature (tr, oC), air velocity (va, ms-1) and relative humidity values:

4.18*v*0.444 *t* *t*

108 *t*

2734 *t*

2734 77.1*v*0.421 *p* *t*

*RH* *p*

*t* 0

(D1)

*a a nw*

where:

*r nw* 

*a* *as nw as a* 

8

- the mean radiant temperature is given by t 4 (t

273)4

1,1 10 V0,6 (t

- t ) - 273

r  g 

with D the diameter of the black globe (cm)

ε the mean emission coefficient





D0,4 ε a g a

- pas is the saturated water vapour pressure (kPa)

This should only be used when direct measurement is not possible. It is preferable to measure the natural wet bulb temperature directly according to Annex B. It is important to remember that when making calculations of natural wet bulb temperature, the environmental measures used will have associated measurement errors. These can accumulate in any prediction and hence any calculation should be viewed with caution. The natural wet bulb as defined in Annex B should be used as the specification and most accurate method.

Examples of calculations of natural wet bulb using equation (D1) are provided in Table D1.

Table D1. Examples of prediction of natural wet bulb temperature (in the range 15 to 30 °C) from

equation (D1).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Air temperature | 150 mm diameter Globe temperature | Air velocity | Relative Humidity | Predicted Natural wet bulb temperature | Predicted WBGT |
| ta (°C) | tg (°C) | va (ms-1) | Rh (%) | tnw (°C) | WBGT (°C) |
| 25.0 | 40.0 | 0.3 | 20 | 17.3 | 24.1 |
| 25.0 | 55.0 | 0.3 | 20 | 21.1 | 31.3 |
| 25.0 | 40.0 | 0.9 | 20 | 16.7 | 23.7 |
| 25.0 | 40.0 | 0.3 | 50 | 21.7 | 27.2 |
| 25.0 | 55.0 | 0.3 | 50 | 25.0 | 34.0 |
| 25.0 | 40.0 | 0.9 | 50 | 21.4 | 27.0 |
| 25.0 | 40.0 | 0.3 | 80 | 25.5 | 29.8 |
| 25.0 | 55.0 | 0.3 | 80 | 28.4 | 36.4 |
| 25.0 | 40.0 | 0.9 | 80 | 25.3 | 29.7 |
| 35.0 | 35.0 | 0.3 | 20 | 19.7 | 24.3 |
| 35.0 | 50.0 | 0.3 | 20 | 23.1 | 31.2 |
| 35.0 | 65.0 | 0.3 | 20 | 26.4 | 38.0 |
| 35.0 | 35.0 | 0.9 | 20 | 19.1 | 23.9 |
| 35.0 | 50.0 | 0.9 | 20 | 22.5 | 30.7 |
| 35.0 | 35.0 | 0.3 | 50 | 26.5 | 29.1 |
| 35.0 | 50.0 | 0.3 | 50 | 29.2 | 35.5 |
| 35.0 | 35.0 | 0.9 | 50 | 26.3 | 28.9 |
| 35.0 | 50.0 | 0.9 | 50 | 28.9 | 35.2 |
| 45.0 | 45.0 | 0.3 | 20 | 26.1 | 31.8 |
| 45.0 | 60.0 | 0.3 | 20 | 29.0 | 38.3 |
| 45.0 | 45.0 | 0.9 | 20 | 25.6 | 31.4 |
| 45.0 | 60.0 | 0.9 | 20 | 28.3 | 37.8 |

## Annex E (Informative) Estimation of metabolic rate

Table E1 — Classification of levels of metabolic rate from ISO 8996

|  |  |  |
| --- | --- | --- |
| Class | Metabolic Rate[W] | Examples |
| 0  Resting | 115  (100 to 125) | Resting, sitting at ease |
| 1  Low Metabolic Rate | 180  (125 to 235) | Light manual work (writing, typing. drawing. sewing, book-keeping); 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 on level  surface (speed up to 2,5 km⋅h−1). |
| 2  Moderate Metabolic Rate | 300  (235 to 360) | 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 lightweight carts or wheelbarrows,  walking at a speed of 2,5 to 5,5 km⋅h−1 on level surface: forging) |
| 3  High Metabolic Rate | 415  (360 to 465) | Intense arm and trunk work; carrying heavy material; shovelling; sledgehammer work; sawing; planning or chiselling hard wood; hand mowing;  digging; walking at a speed of 5,5 to 7 km⋅h−1 on level surface.  Pushing or pulling heavily loaded hand carts or wheelbarrows; chipping  castings; concrete block laying. |
| 4  Very High Metabolic Rate | 520  (> 465) | Very intense activity at fast to maximum pace; working with an axe; intense shovelling or digging; climbing stairs, ramp or ladder; walking quickly with small  steps; running on level surface; walking at a speed greater than 7 km⋅h−1 on  level surface. |

## Annex F (Informative) Clothing Adjustment Values

WBGT Clothing Adjustment Values (CAVs) for Different Clothing Ensembles in °C-WBGT\*

|  |  |  |
| --- | --- | --- |
| Ensemble | Comments | CAV [°C-WBGT] |
| Work Clothes | Work clothes made from a woven fabric is the reference ensemble | 0 |
| Cloth Coveralls | Woven fabric that includes treated cotton | 0 |
| Non-woven SMS Coveralls as a single layer | A non-proprietary process to make non-woven fabrics from polypropylene | 0 |
| Non-woven Polyolefin Coveralls as a single layer | A proprietary fabric made from polyethylene | 2 |
| Vapour-barrier apron with long sleeves and long length over cloth coveralls | The wrap-around apron configuration was designed to protect the front and sides of the body against spills from chemical agents | 4 |
| Double layer of woven clothing | Generally taken to be coveralls over work clothes | 3 |
| Vapour-barrier coveralls as a single layer. Without hood. | The real effect depends on the level of humidity and in many cases the effect is less. | 10 |
| Vapour-barrier coveralls with hood as a single layer | The real effect depends on the level of humidity and in many cases the effect is less. | 11 |
| Vapour-barrier over cloth coveralls w/o hood |  | 12 |
| Hood† | Wearing a hood of any fabric with any clothing ensemble | +1 |
|  |  |  |

\*The Clothing Adjustment Values are added to the measured WBGT to obtain WBGTeff.

†This value is added to the CAV of the ensemble without hood or respirator.

Note. For high vapour resistance clothing there is a dependence on relative humidity. The CAVs represent the likely high value.

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