









Table 5-1 Metabolic Rate for Typical Tasks (1/2)

DrivingThing				
Automobile	1.0 to 2.0	60 to 115	18 no 37	
Aircraft, routine	1.2	70	22	
Aircraft, instrument landing	1.8	105	33	
Aircraft, combat	2.4	140	44	
Herry vehicle	3.2	185	59	
Miscellaneous Occupational Activities				
Cooking	1.6 to 2.0	95 to 115	29 to 37	
House cleaning	2.0 to 3.4	115 to 200	37 to 63	
Seated, heavy limb movement	2.2	130	41	
Machine work				
Sowing (table saw)	1.8	105	33	
Light (electrical industry)	2.0 to 2.4	115 to 140	37 to 44	
Heavy	4.0	235	74	
Handling 50 kg (100 lb) bags	4.0	235	74	
Pick and shovel week	4.0 to 4.8	235 to 280	74 to 88	
Miscellaneous Leisure Activities				
Dancing, social	2.4 to 4.4	140 to 255	44 to 81	
Calisthenics/exercise	3.0 to 4.0	175 to 235	55 to 74	
Tennis, single	3.6 to 4.0	210 to 270	66 to 74	
Baskethall	5.0 to 7.6	290 to 440	90 to 140	
Wrestling, competitive	7.0 to 8.7	410 to 505	130 to 160	

Clothing Description	Garments Included ^a	I _{cd} , clo
Trousers	(1) Trousers, short-sleeve shirt	0.57
	(2) Trousers, long-alceve shirt	0.61
	(3) #2 plus suit jucket	0.96
	(4) #2 plus suit jucket, vest, t-shirt	1.14
	(5) #2 plus long-sleeve sweater, t-shirt	1.01
	(6) #5 plus suit jucket, long underwear bottoms	1.30
Skirts/dresses	(7) Knee-length skirt, short-sloeve shirt (sandals)	0.54
	(8) Knoe-length skirt, long-sleeve shirt, full slip	0.67
	(9) Knoe-length skirt, long-sleeve shirt, half slip, long-sleeve sweater	1.10
	(10) Knee-length skirt, long-sleeve shirt, half slip, suit jacket	1.04
	(11) Ankle-length skirt, long-sloeve shirt, suit jucket	1.10
Shorts	(12) Walking shorts, short-sleeve shirt	0.36
Overalls/coveralls	(13) Long-sleeve coveralls, t-shirt	0.72
	(14) Overalls, long-sleeve shirt, t-shirt	0.89
	(15) Issulated coveralls, long-sleeve thermal underwear tops and bottoms	1.37
Athletic	(16) Sweat pants, long-sloeve sweatshirt	0.74
Sloopwear	(17) Long-sloove pajarna tops, long pajarna trousers, short 3/4 longth robe (slippers, no socks)	0.96

Table 5-11 Allowable Radiant Temperature Asymmetry

Table 5-11 Allowable Radiant Temperature Asymmetry

Radiant Temperature Asymmetry ℃ ℂ*F')

Celling Warmer Celling Cooler than Ploor than Air than Air than Air than Air (18.5 (9.0))

<5 (9.0)</p>
<14 (25.2)</p>
<23 (41.4)</p>
<2.00 (18.0)</p>
<2.00 (18.0)</p>

9 10



11 12

	Propin	Outdoor late E.	Arra	Subdeer Late E.	Steladi Value Groupest Dansie	-		Hotels, Motels, Reserts, Dormitories							
	dw	Liv			#(3000 B)	- Air	06	Burnels sleeping seem	3	2.5	0.06	0.3	29	- 1	
Occupancy Category	perus	perse	rin b		m 1100 m	Clare	(62414)	Beloom/triagroom	5	2.5	0.06	0.3	30		
Calmena/but-fool-doing	73	3.8	0.05	13	100	- 2		Loudry recess, central	5	2.5	0.12	0.6	30	2	
Enter (soking)	7.5	11	612	14	30 19	2		Leady reose within dwelling units	5	2.5	0.12	0.6	30	1	
Restrainst during room.	-73		*10	-0	79	- 1		Libbiospedaction	7.5	3.8	0.06	0.3	30		
Desirate Services		2.5	0.06	41	25			Multipurpose assembly	5	2.5	0.06	0.3	129	1	
Street reduces		2.5	0.06	83	39	1	5	Minodiaeesn Spaces							
Codmonterior	- 1	11	0.06	43	50	- 1	,	Bedy or besk letters	7.5	3.8	0.06	0.3	15		
Continu	-	-	0.06	43		i	,	Back variously deposit	5	2.5	0.06	0.1	1	2	
Occupable steage come for liquid-or gel-	3	2.5	412	9.6	2	2		Computer (put printing)		2.5	0.06	0.3	4	- 1	
								Frence and religensed spaces (<50°F (10°C))	10	- 3				2	
Food and Beverage Service Size, cockind leanges	73	3.8	008	0.9	100	2		Montheturing where hazardeus marterials are not used	10	5.0	0.18	0.9	7	2	
								Manufacturing where hazardeus materials are used (excludes heavy industrial and chemical processes)	10	5.0	0.15	0.9	7	3	
								Flammacy (prep. men)	5	2.5	0.18	0.9	10	2	
								There studies	5	2.5	0.12	0.6	39		
								Signingly-celving	10	3	0.12	0.6	2	2	
								Serting, pecking, light everythy	7.5	3.1	0.12	0.6	,	2	
								Telephone clasers	_	_	0.00	0.0	_	- 1	
								Tourporteion voiting	7.5	1.0	0.06	0.1	100	- 1	
								Vinlene	10	1	0.06	0.3	-		
								Office Buildings						÷	
								Brokerow		2.5	0.12	0.6	59		
								Meia entry lebbies	- 1	2.5	0.06	0.1	19	- :	

13 14

lendi Salm (monat as below)	2.5	3.8	012	**	15	2			People	Oundoor atr E.		Date R.	Default Values Occupant Density		
Belveskep	7.5	3.9	0.06	0.3	25	2	~				AWI	un K,			
Benzy and and usins	30	10	012	0.6	25	2		Occupancy Category	cfm/ person	L/s-	de de	L/rm²	A/2000 ft ² or A/200 m ²	Air	66.2
Coin-operad lensities	7.5	3.9	0.12	0.6	30	2		Occupancy Category Occupable storage resum for dry materials	perses	2.5	0.06	0.3	66 m Ton 20	cam	(9.2
Med common areas	7.5	3.0	0.06	0.3	40	- 1	*		2				2		
Per dops (sainal area)	7.5	3.9	015	0.9	30	2		Office space	5	2.5	0.06	0.3	5	1	
Spenielet	7.5	3.8	0.96	9.3			-	Reception areas	5	2.5	0.06	0.3	30	1	
perti sad Entertoloment								Telephone/data eutry	- 1	2.5	0.06	0.1	60	- 1	
Sering sky teeing)	30		0.12	0.6	40	1		Public Assembly Spaces	_					-	
Discribere Been	30	10	0.06	0.3	100	2	-								
Cheshing crosses	7.3	3.8	0.18	0.9	130	- 1		Auditorium senting area	5	2.5	0.06	0.3	150	1	
Guar acades	7.5	3.8	018	0.9	30	- 1		Courtrooms	5	2.5	0.06	0.3	70	1	
Gya, queta avan-tyley avec) Marife children bio room	30	19	005	0.3		- 1		Legislative chambers	5	2.5	0.06	0.3	50		
Health dubbrooks come	30	10	100	93		- 1		Libraries	-	2.5	0.12	0.6	10		
Sentorans	7.5	3.5	006	0.7	130	- 1									
Stem, stellers	30	- 1	0.04	0.7	30	- 1	-	Lobbies	5	2.5	0.06	0.3	150	1	
Designating Speed and deekly	-	- 1	0.65	2.4	-	- ;		Moseuma (children's)	7.5	3.8	0.12	0.6	40	1	
			-			_		Moreazo/mileries	7.5	3.5	0.06	0.3	40	1	
								Places of religious worship	5	2.5	0.06	0.3	120	1	
								Residential							
								Common considera	_	_	0.06	4.1			
									-	2.5	0.06	03	120		1

| Table 6-5 Design Compounds, PM2.5, and Their Design Limits
| | Compound or PM2.5 | Cognition Industry | Design Limit
| Activation | A

15 16

5-6 Mixture of Compou	nds	
Upper Respiratory Tract Irritation	Eye Irritation	Central Nervous System
Acetaldehyde	Acetaldehyde	Acetone
Acetone	Acetone	Dichloromethane
Xylene, total	Formaldehyde	Xylene, total
Ozone	Xylene,total	1,1,1-trichloroethane
	Ozone	Toluene
Source: ACGIH (2017) (See Informative Appendix P. 1	Informative References").	
		© ASHRAE. Per international copyright law, additional reproduction, doi:
		point or distal form is not permitted without ASHEM's return

	Fest Methods		
Compound		Allowed Test Met	hods
OCs except formaldebyde, ace and acetone	taldehyde ISO 16	5000-6; EPA IP-1, EPA TO-17; IS ASTM D6345-1	
ormaldehyde, acetaldehyde an	d acetone	ISO 16000-3; EPA TO-11; EPA I	P-6; ASTM D5197
Carbon monoxide		ISO 4224; EPA II	P-3
able 7-2 Direct Reading Instr			
	Ozone	PM2.5	Carbon Monoxide
Accuracy (n)	5 ppb	Greater of 5 µg/m ³ or 20% of reading	Greater of 3 ppm or 20% of reading
Resolution (a)	1 ppb	5 μg/m ³	1 ppm
able 7-3 Number of Measurer	nents Points		
	sents Points	Number	r of Measurements
Total Occupied		Number	r of Measurements
Total Occupied ≤25.0	Floor Area, ft ² (m ²)	Number	r of Measurements
Total Occupied ≤25,0 >25,000 (2500)	Floor Area, ft ² (m ²) 00 (2500)	Number	r of Measurements 1 2 4