



WHITE FLAG - WBGT Index is less than 80.

Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution must be taken. Personnel should drink plenty of water while working outside and take at least a 10 minute break in a shaded area every hour.



GREEN FLAG - WBGT Index is 80-84.9.

Strenuous exercise must be curtailed for all personnel with less than 12 weeks training in hot weather. This is a marginal heat stress limit for all personnel. Make sure that all personnel working outside take a 10 minute break every hour in a shaded area and drink plenty of water. Confirm WBGT by calling the Weather Station at 243-5595 or Hospital Information at 243-5247 and asking what flag color is flying.



YELLOW FLAG - WBGT index exceeds 85-87.9.

Strenuous exercise and activity must be curtailed for new and unacclimatized personnel during the first 3 weeks of heat exposure. Outdoor activities and work should be curtailed as much as possible. Ensure personnel receive a 15 minute break every hour in a shady area and that they drink plenty of water. Confirm WBGT by calling the Weather Station at 243-5595 or Hospital Information at 243-5247 and asking what flag color is flying.



RED FLAG - WBGT Index: 88-89.9. Heat Exhaustion or Heat Stroke likely with prolonged exposure and physical Activity. Strenuous exercise must be curtailed for all personnel with less than 12 weeks training in hot weather. Outside work must be curtailed to only mission essential activities. Ensure personnel receive two rest breaks of at least 10 minutes each in a shaded area every hour and that they drink plenty of water. Confirm WBGT by calling the Weather Station at 243-5595 or the Hospital at 243-5247 and asking what flag color is flying.



DANGER

BLACK FLAG - WBGT Index 90 or above. Physical training and strenuous exercise must be suspended for all personnel. All outside work and/or activities shall be limited to emergency and/or security mission essential work. Confirm WBGT by calling the Weather Station at 243-5595 or Hospital Information at 243-5247 and asking what flag color is flying.

Heat Index and Physical Exercise (Navy)



Heat related illness includes: heat rash, cramps, exhaustion and stroke. These illnesses are a real danger to people not accustomed to the stress of hot weather exercise.

The Wet-Bulb Globe Temperature Index (WBGTI) takes into account four variables: air temperature, humidity, radiant heat and air movement. This reading gives a more accurate measurement of heat stress than any one reading alone.

Contact your local Environmental Prevention Medicine Unit (EPMU) for PT related weather readings.

Heat Index and Physical Exercise Chart

WBGT Index (F)	Flag Color	Intensity of Physical Exercise NAVMED P-5010 CH 9
Less than 80	White	Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution must be taken.
80-84.9	Green	Discretion is required in planning heavy exercise for unacclimatized personnel. This is a marginal heat stress limit for all personnel.
85-87.9	Yellow(Amber)	Strenuous exercise and activity must be curtailed for new and unacclimatized personnel during the first 3 weeks of heat exposure. Outdoor classes in the sun must be avoided when the WBGT index exceeds 85.
88-89.9	Red	Strenuous exercise must be curtailed for all personnel with less than 12 weeks training in hot weather.
90 or Above	Black	Physical training and strenuous exercise must be suspended for all personnel. (excludes operational commitment not for training purposes).