

PERMISSIBLE HEAT EXPOSURE LIMIT VALUES, IN °C

Alternate Regimen work/rest	Work load	
heavy work	light work	moderate work
Continuous work 25.0	30.0	26.7
Work 75%, rest 25% (every hour) 25.9	30.6	28.0
Work 50%, rest 50% (every hour) 27.9	31.4	29.4
Work 25%, rest 75% (every hour) 30.0	32.2	31.1