


WGBT Index and Intense Physical Exertion

Flag Color	WGBT Index (F)	Intensity of Physical Exercise
	Less than 80	Extremely intense physical exertion may cause heat exhaustion or heat stroke. Caution should be taken.
	80 – 84.9	Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat-stress limit for all personnel.
	85 – 87.9	Strenuous exercise and activity (e.g. close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.
	88 – 89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.
	90 and above	Physical training and strenuous exercise suspended for <i>all personnel</i> (excluding operational commitment not for training purposes).