



TRAVIS COUNTY EMERGENCY SERVICES DISTRICT No. 2  
PFLUGERVILLE FIRE DEPARTMENT

**WORK-REST-HYDRATION CHART**  
**Attachment OPS 029-01**

03-15-2019

Heat Category	Heat Index	Easy Work		Moderate Work		Hard Work	
		Work/Rest (Min)	Water Intake (qt/hr)	Work/Rest (Min)	Water Intake (qt/hr)	Work/Rest (Min)	Water Intake (qt/hr)
Minimal	78°-81°	No Limit	1/2	No Limit	3/4	40/20	3/4
Low	82°-90°	No Limit	1/2	50/10	3/4	30/30	1
Moderate	91°-102°	40/10	3/4	40/20	3/4	30/30	1
High	103°-114°	30/10	3/4	30/30	3/4	20/40	1
Extreme	115°+	20/10	1	20/40	1	10/50	1

Heat Index values are out of direct sunlight with a slight breeze and NOT wearing Protective Clothing.  
**Add 10° for direct sunlight operations and an additional 10° if in Encapsulating PPE**

Easy Work:	Moderate Work:	Hard Work
Public Education Inspections Vehicle Maintenance Facility Maintenance	PT-Exercise Training w/o PPE Pumping Apparatus Still Alarms Incident Support (IC, A/O)	Encapsulating PPE Extrication Wildland Fire Fighting Working on Asphalt Technical Rescue/Extrication

Hourly Fluid intake should not exceed 1 1/2 quarts per hour and Daily intake should not exceed 12 quarts. Consider electrolyte replacement fluids at a rate of 1/4 to 1/2 of total fluid intake.