



Fluid Replacement



Work / Rest and Fluid Replacement Guidelines



Work / Rest and Fluid Replacement Guidelines

(adapted from US Army recommendations for soldiers training in warm weather)

	Easy Work		Moderate Work		Hard Work	
Ambient Temperature	Work to Rest Ratio	Water Intake (qt/hr)	Work to Rest Ratio	Water Intake (qt/hr)	Work to Rest Ratio	Water Intake (qt/hr)
78 - 81.9 F	No Limit	1/2 quart	No Limit	3/4 quart	40/20	3/4 quart
82 - 84.9 F	No Limit	1/2 quart	50/10	3/4 quart	30/30	1 quart
85 - 87.9 F	No Limit	3/4 quart	40/20	3/4 quart	30/30	1 quart
88 - 89.9 F	No Limit	3/4 quart	30/30	3/4 quart	20/40	1 quart
> 90 F	50 min. work / 10 min. rest	1 quart	20/40	1 quart	10/50	1 quart

Notes: Hourly fluid intake should not exceed 1.5 quarts; daily fluid intake should not exceed 12 quarts. Wearing body armor, add 5 degrees F; wearing turnout gear or hazmat suit, add 10 degrees F. Recommendations will sustain performance for at least 4 hours of work in the specified category. Individual water needs will vary +/- 1/4 quart/hour. Rest should be accomplished in shade, if possible.

