



## Work/warm-up schedule for a 4-hour shift

**Table 6.4 Threshold Limit Values Work/Warm-Up Schedule for Four-Hour Shift\***

Air Temperature Sunny Sky		No Noticeable Wind		5 mph Wind		10 mph wind		15 mph wind		20 mph wind	
		Max		Max		Max		Max		Max	
°C (Approx.)	°F (Approx.)	Work Period	No. of Breaks	Work Period	No. of Breaks	Work Period	No. of Breaks	Work Period	No. of Breaks	Work Period	No. of Breaks
-26 to -28	-15 to -19	(Norm. Breaks)	1	(Norm. Breaks)	1	75 min	2	55 min	3	40 min	4
-29 to -31	-20 to -24	(Norm. Breaks)	1	75 min	2	55 min	3	40 min	4	30 min	5
-32 to -34	-25 to -29	75 min	2			40 min	4	30 min	5	Non-emergency work should cease	
-35 to -37	-30 to -34	55 min	3	40 min	4	30 min	5	Non-emergency work should cease		Non-emergency work should cease	
-38 to -39	-35 to -39	40 min	4	30 min	5	Non-emergency work should cease		Non-emergency work should cease		Non-emergency work should cease	
-40 to -42	-40 to -44	30 min	5	Non-emergency work should cease		Non-emergency work should cease		Non-emergency work should cease		Non-emergency work should cease	
-43 and below	-45 and below	Non-emergency work should cease		Non-emergency work should cease		Non-emergency work should cease		Non-emergency work should cease		Non-emergency work should cease	