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

Air Temperature		No Noticeable Wind		5 mph Wind		10 mph wind		15 mph wind		20 mph wind	
Sunny Sky		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	

Notes:

1. Schedule applies to moderate to heavy work activity with warm-up breaks of ten (10) minutes in a warm location. For light to moderate work (limited physical movement): apply the schedule one step lower. For example, at -35°C (-30°F) with no noticeable wind (step 4), a worker at a job with little physical movement should have a maximum work period of 40 minutes with four breaks in a 4-hour period (step 5).

2. The following is suggested as a guide for estimating wind velocity if accurate information is not available: 5 mph: light flag moves; 10 mph: light flag fully extended; 15 mph: raises newspaper sheet; 20 mph: blowing and drifting snow.

3. If only the wind chill cooling rate is available, a rough rule of thumb for applying it rather than the temperature and wind velocity factors given above would be: (1) special warm-up breaks should be initiated at a wind chill cooling rate of about 1,750 W/m2; (2) all non-emergency work should have ceased at or below a wind chill of 2,250 W/m2. In general, the warm-up schedule provided above slightly under-compensates for the wind at the warmer temperatures, assuming acclimatization and clothing appropriate for winter work. On the other hand, the chart slightly over-compensates for the actual temperatures in the colder ranges, since windy conditions rarely prevail at extremely low temperatures.

4. TLVs apply only for workers in dry clothing.