



WBGT ACTIVITY CHART

Wet Bulb Globe Temperature — flag conditions and required action

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WHITE

Under 80.0°F

Under 26.7°C

Normal activity

- Heat stress low for most people.
- Water available and encouraged throughout.

GREEN

80.0 – 84.9°F

26.7 – 29.4°C

Normal activity — monitor

- Normal activity for acclimatized people.
- Watch anyone new to the heat, unfit, or in heavy gear.

YELLOW

85.0 – 87.9°F

29.4 – 31.1°C

Reduce intensity

- Cut intense exertion and total time in the heat.
- Add rest in shade. Increase fluids.

RED

88.0 – 89.9°F

31.1 – 32.2°C

Cut hard training sharply

- Unacclimatized people stop strenuous work.
- Frequent breaks. Minimal equipment. Close supervision.

BLACK

90.0°F and above

32.2°C and above

Cancel outdoor exertion

- Postpone or move indoors.
- Essential work only, short cycles, active cooling on hand.

STOP AND SPEAK UP — WARNING SIGNS OF HEAT ILLNESS

- Dizziness or lightheadedness
- Chills or goosebumps in the heat
- Confusion or out-of-character behavior
- Nausea or vomiting
- Severe or throbbing headache
- Stumbling, cramping or collapse

SUSPECTED HEAT STROKE — COOL FIRST, THEN TRANSPORT

Collapse or confusion in the heat: call 911 and begin cold-water immersion immediately.

Cool to about 102°F before transport. Have a tub filled and staffed from 80°F WBGT upward.



Scan for a live WBGT reading at your field

Free WBGT app for iPhone — real-time readings, flag levels and 14-day forecasts.

Or type peaklat.com/app on any device.

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Follow the policy that governs your activity.

State associations set their own thresholds — peaklat.com/state-wbgt-rules/

Baseline flag categories derived from U.S. military heat category guidance and NATA activity guidelines. Informational only, not medical or legal advice.

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