

DEPARTMENT OF HOMELAND SECURITY
U.S. COAST GUARD

HEAT STRESS MONITORING WORKSHEET

Time Started: _____

Date Started: _____

LOCATION	TIME	DB	WB	GT	WBGT	PHEL	STAY TIME
MMR							
AMR							
AFT Steering							
Scullery							
Laundry							

Time Ended: _____

WB MUST BE <= DB & WB MUST BE <= GT

DB x 0.1 + GT x 0.2 + WB x 0.7 = WBGT

(DB _____ x 0.1 = _____)

(WB _____ x 0.7 = _____) *(Use Highest Reading)*

+ (GT _____ x 0.2 = _____)

WBGT = _____ *(MUST be within 0.2 degrees of recorded WBGT)*

Stay Time: _____

Recovery Time: _____ *(Twice the stay time or four (4) hours, whichever is less)*

Drinking Water Available? Yes No

Follow-up Required in Temp. > 100 @ Next: _____

Done by:

IDHS:

EO:

If Stay Time is Less Than Watch Rotation Time
CO:

