



# Global<sup>TM</sup> Training Centre

WORK WARM-UP SCHEDULE FOR OUTDOOR ACTIVITIES										
Air Temp. Sunny	No Noticeable Wind		8 km/h Wind (5 mph)		16 km/h Wind (10 mph)		24 km/h Wind (15 mph)		32 km/h Wind (20 mph)	
°C	Max Work Period	# of Breaks	Max Work Period	# of Breaks	Max Work Period	# of Breaks	Max Work Period	# of Breaks	Max Work Period	# of Breaks
-26 to -28	120 minutes	1	120 minutes	1	75 minutes	2	55 minutes	3	40 minutes	4
-29 to -31	120 minutes	1	75 minutes	2	55 minutes	3	40 minutes	4	30 minutes	5
-32 to -34	75 minutes	2	55 minutes	3	40 minutes	4	30 minutes	5	Non-emergency work should stop	
-35 to -37	55 minutes	3	40 minutes	4	30 minutes	5	Non-emergency work should stop			
-38 to -39	40 minutes	4	30 minutes	5	Non-emergency work should stop		Non-emergency work should stop			
-40 to -42	30 minutes	5	Non-emergency work should stop							
-43 and below	Non-emergency work should stop		Non-emergency work should stop							