



## Heat Stress Stay Time Calculator

- Temperature, Humidity, and dew point all given by sensor in field
- Clothing worn has options for what worker will be wearing
- Work rate allows you to select amount of estimated exertion of work
- Heat Index shows calculated heat index
- Wet bulb temp is calculated using the 1/3 rule and the heat index and dewpoint
- Adjusted wet bulb is calculated to bring in the clothing worn
- Stay time, rest time and liquids is calculated from a OSHA table for Heat Stress monitoring

### ***IIS Heat Stress Stay Time Calculator***

Temperature (F°) <input type="text" value="63"/>	Clothing Worn <input type="text" value="3 - Double-layer woven clothing"/>	
Relative Humidity (%) <input type="text" value="78.67"/>	<ul style="list-style-type: none"><li>1 - Work clothes (long sleeves and pants)</li><li>2 - Coveralls (w/only underwear underneath)</li><li>3 - Double-layer woven clothing</li><li>4 - SMS Polypropylene Coveralls</li><li>5 - Polyolefin coveralls (Tyvek™)</li><li>6 - Limited-use vapor-barrier coveralls</li></ul>	
Dewpoint (F°) <input type="text" value="56.3"/>		
<input type="button" value="Calculate"/>		

#### Calculated Values

Heat Index (F°)	<input type="text" value="71.6"/>
Wet Bulb Temp (F°)	<input type="text" value="60.8"/>
Adj. Wet Bulb Temp (F°)	<input type="text" value="63.8"/>
Stay Time (min)	<input type="text" value="Unlimited"/>
Rest Time (min)	<input type="text" value="Unlimited"/>
Fluids (qts)	<input type="text" value="0.5"/>

### ***IIS Heat Stress Stay Time Calculator***

Temperature (F°) <input type="text" value="0"/>	Clothing Worn <input type="text" value="1 - Work clothes (long sleeves and pants)"/>	
Relative Humidity (%) <input type="text" value="0"/>		
Dewpoint (F°) <input type="text" value="0"/>	Metabolic Work Rate <input type="text" value="1 - Easy (250W) Normal walking, moderate lifting"/>	
<input type="button" value="Calculate"/>		

#### Calculated Values

Heat Index (F°)	<input type="text"/>
Wet Bulb Temp (F°)	<input type="text"/>
Adj. Wet Bulb Temp (F°)	<input type="text"/>
Stay Time (min)	<input type="text"/>
Rest Time (min)	<input type="text"/>
Fluids (qts)	<input type="text"/>



IIS Heat Index Calculator

About

## ***IIS Heat Stress Stay Time Calculator***

Temperature (F°)

Relative Humidity (%)

Dewpoint (F°)

Clothing Worn

Metabolic Work Rate

1 - Easy (250W) Normal walking, moderate lifting  
2 - Moderate (425W) Heavy material handling, walking fast  
3 - Hard Work (600W) Laborious work, great exertion

Calculated Values

Heat Index (F°)

Wet Bulb Temp (F°)

Adj. Wet Bulb Temp (F°)

Stay Time (min)

Rest Time (min)

Fluids (qts)

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Temperature (F°)

Relative Humidity (%)

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Clothing Worn

Metabolic Work Rate

Calculated Values

Heat Index (F°)

Wet Bulb Temp (F°)

Adj. Wet Bulb Temp (F°)

Stay Time (min)

Rest Time (min)

Fluids (qts)