ANACORTES REFINERY Work/Rest Regimen and Water Log Page 1 of 2 REVISION: 0 Date:	ANACORTES REFINERY Work/Rest Regimen and Water Log Revision: 0 Date:	ANACORTES REFINERY Work/Rest Regimen and Water Log Revision: 0 Date:		Marathon Petroleum Company P	REFINERY-WIDE	R-14-005-F0 ²
Date: Operations Supervisor: Zone: F/S Specialist:	Date: Operations Supervisor:	Date: Operations Supervisor: Zone: F/S Specialist: Unit: Equipment:			Work/Post Pogimon and Water Log	Page 1 of 2
Zone: F/S Specialist: Unit:	Zone: F/S Specialist: Unit: Equipment:	Zone: F/S Specialist: Unit: Equipment:		ANACORIES REFINERY	Work/Rest Regimentatio Water Log	REVISION: 0
	Describe the Heat Stress Hazards Below (include readings from monitor):	Describe the Heat Stress Hazards Below (include readings from monitor):	Unit:		F/S Specialist:	

F/S to circle the applicable results from the table below:

Table 1 Screening criteria for heat stress exposure (WBGT values in °C)

	TLV				Action Limit				
Work/Recovery Cycle	Light	Moderate	Heavy	Very Heavy	Light	Moderate	Heavy	Very Heavy	
75 – 100% work	31	28			28	25			
50 – 75% work	31	29	27.5		28.5	26	24		
25 – 50% work	32	30	29	28	29.5	27	25.5	24.5	
0 – 25% work	32.5	31.5	30.5	30	30	29	28	27	

F/S to check the appropriate mitigation requirements below:

- □ Work/Rest Regimen
- □ Water Consumption Requirements
- □ Cooling Vest
- $\hfill\square$ Other Methods of Cooling
- □ Rotate Personnel
- Breaks in Shade
- No Additional Requirements Needed

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*Log is similar to Confined Space Log where employee gets logged each time they begin to work in the area of concern.

*Identify work cycle in percent (75% of 1 hour work is 45 minutes work, 15 minute break)

	Work/Rest Regimen			Water Intake		Daily Record	
Person	In	Out	Required Cycle	Last H2O Intake	Net H2O Intake	Start Shift	End Shift

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