

Prairie View A&M University
Campus Extreme Heat Operational Quick Reference

Heat Index Classification	Activity Allowed (min)* Easy (work/rest) Moderate(work/rest) Strenuous(work/rest) NL = no limit	Athletics Band Farm Operations	Required Heat Illness Mitigation	Additional Emergency Medical Support
Events held between 11:00 am – 9:00 pm during the summer months will escalate to the next highest level heat index classification regarding required mitigation strategies.				
Normal Below 78°F – 80°F	Easy (NL) Moderate (NL) Strenuous (30/30)	Normal Operations	Participants encouraged to bring water.	Recommended for a group of 1,000 or more
Caution 80°F – 90°F	Easy (NL) Moderate (50/10) Strenuous (30/30)	Normal Operations	Organizer encouraged to provide bottles of water.	Recommended for a group of 1,000 or more
Extreme Caution 90°F – 107°F	Easy (NL) Moderate (40/20) Strenuous (30/30)	Normal Operations	Organizer required to provide hydration stations. Spot coolers, evaporative fans, cold water immersion capabilities, and ice are recommended.	Required for a group of 1,000 or more
Danger 108°F -124°F	Events Allowed Indoors ONLY	Limited Outdoor Activity		
Extreme Danger 125°F or higher	INDOOR Events ONLY			

*Based upon the US Army Work/Rest Times and Fluid Replacement Guide

Event Activity Examples

- **Easy** – Art in the Park, Chess Club, Vigil, Walking to Class/Meetings (physically fit individual)
- **Moderate** – Walking to Class/meeting (non-physically fit individual), Bounce House, Hump Day
- **Strenuous** – Super Hump Day, Outdoor Intramural Activities, Fun Run

For more information:

<https://www.pvamu.edu/bsrv/risk-management/safety-tips/extremeheatoperational/>