What is WBGT?
The Wet Bulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, and takes into account temperature, humidity, wind speed, sun angle and cloud cover (solar radiation).

Why use WBGT?
WBGT uses a multitude of parameters that impact body temperature. Heat index only uses temperature and humidity regardless of wind conditions or the amount of sunshine.

Is WBGT better than Heat Index?
Military agencies, OSHA, the American College of Sports Medicine, and the International Standard (ISO 7243) each have switched to using the WBGT as the primary guide to managing activities and workload in hot conditions.

What do the colors mean for outdoor activities like athletics and summer camps?
- **80-85°F.** Schedule a shaded, 5-minute break after each 25-minute activity session. Encourage the consumption of 4-8 ounces of water at each break.
- **85-88°F.** Schedule a shaded, 5-minute break after each 20-minute activity session. Encourage the consumption of 6-8 ounces of water at each break.
- **88-90°F.** Schedule a shaded, 5-minute break after each 15-minute activity session, and limit single-session activity time to 2 hours. Encourage the consumption of 8 ounces of water at each break. Have a copy of heat illness management/treatment guidelines on site.
- **>90°F.** Schedule a shaded, 5-minute break after each 10-minute activity session, and limit single-session activity time to 1 hour. Encourage the consumption of 8 ounces of water at each break. Have a copy of heat illness management/treatment guidelines on site.

Where do I find WBGT?
The Oklahoma Mesonet WBGT Risk map is available at www.mesonet.org and on the Oklahoma Mesonet app for iPhone and Android. The WBGT map is in the “Maps” section under the “Air Temperature” heading on the App, and in the “Weather” section under the “Air Temperature” tab on the webpage.

(Recommendations apply to all age groups, and are from OSHA, US Military, Georgia High School Athletics Association, etc. and applied to athletics practices, personal workouts, and other strenuous outdoor activities.)