

| Air Quality Condition | Air Quality Index (AQI) | Easy Work | Moderate Work | Hard Work |
|--------------------------------|-------------------------|-------------------|-------------------|-------------------|
| | | Work / Rest Cycle | Work / Rest Cycle | Work / Rest Cycle |
| Good | 0 to 50 | No Limit | No Limit | No Limit |
| Moderate | 51 to 100 | No Limit | No Limit | No Limit |
| Unhealthy for Sensitive Groups | 101 to 150 | No Limit | No Limit | 50/10 min |
| Unhealthy | 151 to 200 | No Limit | 50/10 min | 40/20 min |
| Very Unhealthy | 201 to 300 | 40/20 min | 30/30 min | 20/40 min |
| Hazardous | 301 to 500 | 30/30 min | 20/40 min | 10/50 min |

| Easy Work | Moderate Work | Hard Work |
|---|---|--|
| Walking on hard surface @ 2.5 mph with < 30 lb load Guard duty Drill and Ceremony | Walking on hard surface @ 3.5 mph with < 40 lb load Walking on loose sand @ 2.5 mph with no load Light maintenance work Construction equipment operation | Walking on hard surface @ 3.5 mph with > 40 lb load Walking on loose sand @ 2.5 mph with load Loading and unloading pallets Dragging hoses or lines |

| AQI | AQI Category | Sensitive Groups | Health Effects Statements | Cautionary Statements |
|-----------|--------------------------------|---|--|--|
| 0 - 50 | Good | People with respiratory or heart disease, the elderly and children are the groups most at risk. | None | None |
| 51 - 100 | Moderate | People with respiratory or heart disease, the elderly and children are the groups most at risk. | Unusually sensitive people should consider reducing prolonged or heavy exertion. | Unusually sensitive people should consider reducing prolonged or heavy exertion. |
| 101 - 150 | Unhealthy for Sensitive Groups | People with respiratory or heart disease, the elderly and children are the groups most at risk. | Increasing likelihood of respiratory symptoms in sensitive individuals, aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly. | People with respiratory or heart disease, the elderly and children should limit prolonged exertion. |
| 151 - 200 | Unhealthy | People with respiratory or heart disease, the elderly and children are the groups most at risk. | Increased aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; increased respiratory effects in general population. | People with respiratory or heart disease, the elderly and children should avoid prolonged exertion; everyone else should limit prolonged exertion. |
| 201 - 300 | Very Unhealthy | People with respiratory or heart disease, the elderly and children are the groups most at risk. | Significant aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; significant increase in respiratory effects in general population. | People with respiratory or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid prolonged exertion. |
| 301 - 500 | Hazardous | People with respiratory or heart disease, the elderly and children are the groups most at risk. | Serious aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; serious risk of respiratory effects in general population. | Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors. |