
**Ergonomics of the thermal
environment — Analytical
determination and interpretation of
heat stress using calculation of the
predicted heat strain**

*Ergonomie des ambiances thermiques — Détermination analytique
et interprétation de la contrainte thermique fondées sur le calcul de
l'astreinte thermique prévisible*

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ISO copyright office
CP 401 • Ch. de Blandonnet 8
CH-1214 Vernier, Geneva
Phone: +41 22 749 01 11
Email: copyright@iso.org
Website: www.iso.org

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Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular, the different approval criteria needed for the different types of ISO documents should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see www.iso.org/directives).

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. ISO shall not be held responsible for identifying any or all such patent rights. Details of any patent rights identified during the development of the document will be in the Introduction and/or on the ISO list of patent declarations received (see www.iso.org/patents).

Any trade name used in this document is information given for the convenience of users and does not constitute an endorsement.

For an explanation of the voluntary nature of standards, the meaning of ISO specific terms and expressions related to conformity assessment, as well as information about ISO's adherence to the World Trade Organization (WTO) principles in the Technical Barriers to Trade (TBT), see www.iso.org/iso/foreword.html.

This document was prepared by Technical Committee ISO/TC 159, *Ergonomics*, Subcommittee SC 5, *Ergonomics of the physical environment*, in collaboration with the European Committee for Standardization (CEN) Technical Committee CEN/TC 122, *Ergonomics*, in accordance with the Agreement on technical cooperation between ISO and CEN (Vienna Agreement).

This third edition cancels and replaces the second edition (ISO 7933:2004), which has been technically revised.

The main changes are as follows:

- The maximum sweat rate S_{wmax} described in B.4 has been corrected, i.e. it is no longer adjusted for metabolic rate.
- As the model has not been extensively validated for conditions with unsteady environmental parameters, metabolic rate and/or clothing, a caution has been added for cases where these parameters vary substantially with time.

Any feedback or questions on this document should be directed to the user's national standards body. A complete listing of these bodies can be found at www.iso.org/members.html.

Introduction

ISO 15265 describes the assessment strategy for the prevention of discomfort or health effects in any thermal working condition, while ISO 8025¹⁾ recommends specific practices concerning hot working environments. For these hot environments, these standards propose relying on the wet bulb globe temperature (WBGT) heat stress index described in ISO 7243 as a screening method for establishing the presence or absence of heat stress, and on the more elaborate method presented in this document, to make a more accurate estimation of stress, to determine the allowable durations of work in these conditions and to optimize the methods of protection. This method, based on an analysis of the heat exchange between a person and the environment, is intended to be used directly when it is desirable to carry out a detailed analysis of working conditions in heat.

This document makes it possible to predict the evolution of a few physiological parameters (skin and rectal temperatures, as well as sweat rate) over time for a person working in a hot environment. This prediction is made according to the climatic parameters, the energy expenditure of the person and his or her clothing. This prediction is made for an average person and should be used to assess the risk of heat stress for a group of people; it cannot predict a particular person's responses.

This document is based on the latest scientific information. Future improvements concerning the calculation of the different terms of the heat balance equation or its interpretation will be taken into account when they become available.

Occupational health specialists are responsible for evaluating the risk encountered by a given individual, taking into consideration their specific characteristics that can differ from those of a standard person. ISO 9886 describes how physiological parameters are used to monitor the physiological behaviour of a particular person and ISO 12894 describes how medical supervision is organized.

1) Under preparation. Stage at the time of publication: ISO/DIS 8025:2023.

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Ergonomics of the thermal environment — Analytical determination and interpretation of heat stress using calculation of the predicted heat strain

1 Scope

This document describes a model [the predicted heat strain (PHS) model] for the analytical determination and interpretation of the thermal stress (in terms of water loss and rectal temperature) experienced by an average person in a hot environment and determines the maximum allowable exposure times within which the physiological strain is acceptable for 95 % of the exposed population (the maximum tolerable rectal temperature and the maximum tolerable water loss are not exceeded by 95 % of the exposed people).

The various terms used in this prediction model and, in particular, in the heat balance, show the influence of the different physical parameters of the environment on the thermal stress experienced by the average person. In this way, this document makes it possible to determine which parameter or group of parameters can be changed, and to what extent, in order to reduce the risk of excessive physiological strain.

In its present form, this method of assessment is not applicable to cases where special protective clothing (e.g. fully reflective clothing, active cooling and ventilation, impermeable coveralls) is worn.

This document does not predict the physiological response of an individual person, but only considers average persons in good health and fit for the work they perform. It is therefore intended to be used by, among others, ergonomists and industrial hygienists, as the outcomes can require expert interpretations. Recommendations about how and when to use this model are given in ISO 8025.

2 Normative references

The following documents are referred to in the text in such a way that some or all of their content constitutes requirements of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 13731, *Ergonomics of the thermal environment — Vocabulary and symbols*

3 Terms and definitions

For the purposes of this document, the terms and definitions given in ISO 13731 apply.

ISO and IEC maintain terminology databases for use in standardization at the following addresses:

- ISO Online browsing platform: available at <https://www.iso.org/obp>
- IEC Electropedia: available at <https://www.electropedia.org/>

4 Symbols

For the purposes of this document, the symbols and units listed in [Table 1](#) apply.

Table 1 — Symbols and units

Symbol	Term	Unit
α	fraction of the body mass at the skin temperature	—
α_i	fraction of the body mass at the skin temperature at time t_i	—
α_{i-1}	fraction of the body mass at the skin temperature at time t_{i-1}	—
β_{im}	correction factor for the static moisture permeability index	—
β_{la}	correction factor for the static boundary layer thermal insulation	—
β_{lcl}	correction factor for the static clothing thermal insulation	—
β_{IT}	correction factor for the static total clothing thermal insulation	—
ε_{cl}	emissivity of outer clothing surface, assuming this is non-reflective	—
$\varepsilon_{cl,r}$	emissivity of outer clothing surface	—
θ	angle between walking direction and wind direction	—
A_{Du}	DuBois body area surface	m^2
A_p	fraction of the body surface covered by the reflective clothing	—
A_r	effective radiating area of a body	m^2
C	convective heat flow	$W \cdot m^{-2}$
c_e	water latent heat of vaporization	$J \cdot kg^{-1}$
c_p	specific heat of dry air at constant pressure	$J \cdot kg^{-1} \cdot K^{-1}$
$c_{p,b}$	specific heat of the body	$J \cdot kg^{-1} \cdot K^{-1}$
C_{res}	respiratory convective heat flow	$W \cdot m^{-2}$
D_{lim}	allowable exposure time	min
$D_{lim,tcr}$	allowable exposure time for heat storage	min
$D_{lim,loss}$	allowable exposure time for water loss, 95 % of the working population	min
D_{max}	maximum water loss	g
E_{max}	maximum evaporative heat flow at the skin surface	$W \cdot m^{-2}$
E_p	predicted evaporative heat flow at the skin surface	$W \cdot m^{-2}$
E_{req}	required evaporative heat flow at the skin surface	$W \cdot m^{-2}$
E_{res}	respiratory evaporative heat flow	$W \cdot m^{-2}$
f_{cl}	clothing area factor	—
F_r	reflection coefficients for different special materials	—
h_c	convective heat transfer coefficient	$W \cdot m^{-2} \cdot K^{-1}$
h_r	radiative heat transfer coefficient	$W \cdot m^{-2} \cdot K^{-1}$
$I_{a,r}$	resultant boundary layer thermal insulation	$m^2 \cdot K \cdot W^{-1}$
I_a	static (or basic) boundary layer thermal insulation	$m^2 \cdot K \cdot W^{-1}$
$I_{cl,r}$	resultant clothing thermal insulation	$m^2 \cdot K \cdot W^{-1}$
I_{cl}	static (or basic) clothing thermal insulation	$m^2 \cdot K \cdot W^{-1}$
$i_{m,r}$	resultant moisture permeability index	—
i_m	static (or basic) moisture permeability index	—
$I_{T,r}$	resultant total clothing thermal insulation	$m^2 \cdot K \cdot W^{-1}$
I_T	static (or basic) total clothing thermal insulation	$m^2 \cdot K \cdot W^{-1}$
K	conductive heat flow	$W \cdot m^{-2}$
k_{Sw}	time constant of the increase of the sweat rate	min
k_{tcr}	time constant of the variation of the core temperature as function of the metabolic rate	min
k_{tsk}	time constant of the variation of the skin temperature	min
M	metabolic rate	$W \cdot m^{-2}$

Table 1 (continued)

Symbol	Term	Unit
p_a	water vapour partial pressure at air temperature	kPa
$Q_{\text{tot},i}$	heat storage during the last time increment at time t_i	$\text{W}\cdot\text{m}^{-2}$
$Q_{\text{eq},i}$	heat storage during the last time increment at time t_i , due to the increase of core temperature associated with the metabolic rate	$\text{W}\cdot\text{m}^{-2}$
R	radiative heat flow	$\text{W}\cdot\text{m}^{-2}$
$R_{\text{e,T,r}}$	resultant clothing total water vapour resistance	$\text{m}^2\cdot\text{Pa}\cdot\text{W}^{-1}$
r_{req}	required evaporative efficiency of sweating	—
S	body heat storage rate	$\text{W}\cdot\text{m}^{-2}$
S_{eq}	body heat storage for increase of core temperature associated with the metabolic rate	$\text{W}\cdot\text{m}^{-2}$
S_{Wmax}	maximum sweat rate capacity	$\text{W}\cdot\text{m}^{-2}$
S_{Wp}	predicted sweat rate	$\text{W}\cdot\text{m}^{-2}$
$S_{\text{Wp},i}$	predicted sweat rate at time t_i	$\text{W}\cdot\text{m}^{-2}$
$S_{\text{Wp},i-1}$	predicted sweat rate at time t_{i-1}	$\text{W}\cdot\text{m}^{-2}$
S_{Wreq}	required sweat rate	$\text{W}\cdot\text{m}^{-2}$
t	time	min
t_a	air temperature	$^{\circ}\text{C}$
t_{cl}	clothing surface temperature	$^{\circ}\text{C}$
t_{cr}	core temperature	$^{\circ}\text{C}$
$t_{\text{cr,eq } i}$	core temperature as a function of the metabolic rate at time t_i	$^{\circ}\text{C}$
$t_{\text{cr,eq } i-1}$	core temperature as a function of the metabolic rate at time t_{i-1}	$^{\circ}\text{C}$
$t_{\text{cr,eqm}}$	steady-state value of core temperature as a function of the metabolic rate	$^{\circ}\text{C}$
$t_{\text{cr},i}$	core temperature at time t_i	$^{\circ}\text{C}$
$t_{\text{cr},i-1}$	core temperature at time t_{i-1}	$^{\circ}\text{C}$
t_{ex}	expired air temperature	$^{\circ}\text{C}$
t_r	mean radiant temperature	$^{\circ}\text{C}$
t_{re}	rectal temperature	$^{\circ}\text{C}$
$t_{\text{re,max}}$	maximum rectal temperature	$^{\circ}\text{C}$
$t_{\text{re},i}$	rectal temperature at time t_i	$^{\circ}\text{C}$
$t_{\text{re},i-1}$	rectal temperature at time t_{i-1}	$^{\circ}\text{C}$
t_{sk}	skin temperature	$^{\circ}\text{C}$
$t_{\text{sk,eq}}$	steady-state mean skin temperature	$^{\circ}\text{C}$
$t_{\text{sk,eq,cl}}$	steady-state mean skin temperature for clothed person	$^{\circ}\text{C}$
$t_{\text{sk,eq,nu}}$	steady-state mean skin temperature for nude person	$^{\circ}\text{C}$
$t_{\text{sk},i}$	mean skin temperature at time t_i	$^{\circ}\text{C}$
$t_{\text{sk},i-1}$	mean skin temperature at time t_{i-1}	$^{\circ}\text{C}$
V_{ex}	expired volume flow rate	$\text{L}\cdot\text{min}^{-1}$
v_a	air velocity	$\text{m}\cdot\text{s}^{-1}$
v_{ar}	relative air velocity	$\text{m}\cdot\text{s}^{-1}$
v_w	walking speed	$\text{m}\cdot\text{s}^{-1}$
W	effective mechanical power	$\text{W}\cdot\text{m}^{-2}$
W_a	humidity ratio of inhaled air	$\text{kg}_{\text{water}}/\text{kg}_{\text{air}}$
W_b	body mass	kg
W_{ex}	humidity ratio of expired air	$\text{kg}_{\text{water}}/\text{kg}_{\text{air}}$

Table 1 (continued)

Symbol	Term	Unit
w	skin wettedness	—
$w_{\max}$	maximum skin wettedness	—
w_p	predicted skin wettedness	—
w_{req}	required skin wettedness	—

5 Principles of the predicted heat strain (PHS) model

WARNING — The model has not been extensively validated for conditions with unsteady environmental parameters, metabolic rate and/or clothing and therefore must be used cautiously in cases where these parameters vary substantially with time. It does not enable users to determine validly the duration of time needed for an average person whose rectal temperature has risen to 38 °C or more to recover a rectal temperature of 36,8 °C.

The PHS model is based on the thermal energy balance of the body, which requires the values of the following parameters:

- a) the parameters of the thermal environment as measured or estimated according to ISO 7726:
 - air temperature, t_a ;
 - mean radiant temperature, t_r ;
 - water vapour partial pressure, p_a ;
 - air velocity, v_a .
- b) the metabolic rate, M , as measured or estimated using ISO 8996 or other methods of equal or greater accuracy;
- c) the static clothing thermal characteristics, as measured or estimated using ISO 9920 or other methods of equal or greater accuracy.

[Clause 6](#) describes the principles of the calculation of the different heat exchanges occurring in the heat balance equation, as well as those of the sweat loss necessary for the maintenance of the thermal equilibrium of the body. The mathematical expressions given in [Annex A](#) shall be used for these calculations.

[Clause 7](#) describes the method for interpreting the results from [Clause 6](#), which leads to the determination of the predicted sweat rate, the predicted rectal temperature and the allowable exposure times. The determination of the allowable exposure times is based on two strain criteria: maximum allowable rectal temperature and maximum allowable body water loss, given in [Annex B](#).

The accuracy with which the predicted sweat rate and the exposure times are estimated is a function of the model (i.e. of the expressions in [Annex A](#)) and the maximum allowable values which are adopted. It is also a function of the accuracy of estimation and measurement of physical parameters, metabolic rate and thermal insulation of the clothing.

6 Main steps of the calculation

6.1 Heat balance equation

6.1.1 General

The thermal energy balance of the human body can be written as [Formula \(1\)](#):

$$M - W = C_{\text{res}} + E_{\text{res}} + K + C + R + E + S \quad (1)$$

This equation expresses that the internal heat production of the body, which corresponds to the metabolic rate, M , minus the effective mechanical power, W , are balanced by the heat exchanges in the respiratory tract by convection, C_{res} , and evaporation, E_{res} , as well as by the heat exchanges on the skin by conduction, K , convection, C , radiation, R , and evaporation, E .

If the balance is not satisfied, some excess energy is stored in the body, S .

The different terms of [Formula \(1\)](#) are successively reviewed in [6.1.2](#) to [6.1.11](#) in terms of the principles of calculation (normative expressions for the computations are provided in [Annex A](#)).

6.1.2 Metabolic rate, M

The estimation or measurement of the metabolic rate is described in ISO 8996. Indications for the evaluation of the metabolic rate are given in [Annex C](#).

6.1.3 Effective mechanical power, W

In most industrial situations, the effective mechanical power is small and can be ignored, i.e. $W = 0$.

6.1.4 Heat flow by respiratory convection, C_{res}

The heat flow by respiratory convection is expressed, in principle, by [Formula \(2\)](#):

$$C_{\text{res}} = 0,000\ 02c_p \times V_{\text{ex}} \times \left(\frac{t_{\text{ex}} - t_{\text{a}}}{A_{\text{Du}}} \right) \quad (2)$$

6.1.5 Heat flow by respiratory evaporation, E_{res}

The heat flow by respiratory evaporation is expressed, in principle, by [Formula \(3\)](#):

$$E_{\text{res}} = 0,000\ 02c_e \times V_{\text{ex}} \times \left(\frac{W_{\text{ex}} - W_{\text{a}}}{A_{\text{Du}}} \right) \quad (3)$$

6.1.6 Heat flow by conduction, K

Heat flow by thermal conduction occurs on the body surfaces in contact with solid objects. It is usually quite small and ignored.

NOTE ISO 13732-1 deals specifically with the risks of pain and burns when parts of the body come into contact with hot surfaces.

6.1.7 Heat flow by convection, C

The heat flow by convection on the bare skin is expressed by [Formula \(4\)](#):

$$C = h_c \times (t_{sk} - t_a) \quad (4)$$

For clothed people, the heat flow by convection occurs at the surface of the clothing and is expressed by [Formula \(5\)](#):

$$C = h_c \times f_{cl} \times (t_{cl} - t_a) \quad (5)$$

[Annex D](#) provides some indications for the evaluation of the clothing thermal characteristics.

6.1.8 Heat flow by radiation, R

The heat flow by radiation is expressed by [Formula \(6\)](#):

$$R = h_r \times f_{cl} \times (t_{cl} - t_a) \quad (6)$$

where h_r is the radiative heat transfer coefficient and takes into account the clothing characteristics (e.g. emissivity and the presence of reflective clothing) and the effective radiating area of the person related to the posture (e.g. standing, seated, crouching person).

6.1.9 Heat flow by evaporation, E

The maximum evaporative heat flow, E_{max} , is that which can be achieved in the hypothetical case of the skin being completely wetted. In these conditions, [Formula \(7\)](#) applies:

$$E_{max} = \frac{p_{sk,s} - p_a}{R_{e,T,r}} \quad (7)$$

where the dynamic clothing total water vapour resistance, $R_{e,T,r}$, takes into account the clothing characteristics as well as the movements of the person and the air.

The actual evaporation heat flow, E , depends upon the fraction, w , of the skin surface wetted by sweat and is given by [Formula \(8\)](#):

$$E = w \times E_{max} \quad (8)$$

6.1.10 Heat storage for increase of core temperature associated with the metabolic rate, Q_{eqi}

Even in a neutral environment, the core temperature rises towards a steady-state value, $t_{cr,eq}$, as a function of the metabolic rate.

The core temperature reaches this steady-state temperature exponentially with time. The heat storage associated with the increase from time t_{i-1} to time t_i , Q_{eqi} does not contribute to the onset of sweating and should therefore be deducted from [Formula \(1\)](#).

6.1.11 Heat storage, S

The heat storage of the body is given by the algebraic sum of the heat flows defined previously.

6.2 Calculation of the required evaporative heat flow, the required skin wettedness and the required sweat rate

Because conduction (K) is ignored as it is a non-significant avenue of heat exchange, the general [Formula \(1\)](#) can be written as [Formula \(9\)](#):

$$E + S = M - W - C_{\text{res}} - E_{\text{res}} - C - R \quad (9)$$

The required evaporative heat flow, E_{req} , is the evaporation heat flow required for the maintenance of the thermal equilibrium of the body and, therefore, for the body heat storage rate to be equal to zero. It is given by [Formula \(10\)](#):

$$E_{\text{req}} = M - W - C_{\text{res}} - E_{\text{res}} - C - R \quad (10)$$

The required skin wettedness, w_{req} , is the ratio between the required evaporative heat flow and the maximum evaporative heat flow at the skin surface, as in [Formula \(11\)](#):

$$w_{\text{req}} = \frac{E_{\text{req}}}{E_{\text{max}}} \quad (11)$$

The calculation of the required sweat rate, S_{Wreq} , is made on the basis of the required evaporative heat flow, but taking account of the evaporative efficiency of the sweating, r_{req} , as in [Formula \(12\)](#):

$$S_{\text{Wreq}} = \frac{E_{\text{req}}}{r_{\text{req}}} \quad (12)$$

NOTE The sweat rate in $\text{W}\cdot\text{m}^{-2}$ represents the equivalent in heat of the sweat rate expressed in $\text{g}\cdot\text{m}^{-2}\text{ h}^{-1}$. $1\text{ W}\cdot\text{m}^{-2}$ corresponds to a flow of sweat of $1,47\text{ g}\cdot\text{m}^{-2}\text{ h}^{-1}$ or $2,67\text{ g}\cdot\text{h}^{-1}$ for a standard person ($1,8\text{ m}^2$ of body surface).

7 Interpretation of required sweat rate

7.1 Basis of the method of interpretation

7.1.1 General

The interpretation of the values calculated by the recommended analytical method is based on:

- two stress criteria (see [7.1.2](#)):
 - the maximum skin wettedness, w_{max} ;
 - the maximum sweat rate, S_{Wmax} ;
- two strain criteria (see [7.1.3](#)):
 - the maximum rectal temperature, $t_{\text{re, max}}$;
 - the maximum water loss, D_{max} .

7.1.2 Stress criteria

The required sweat rate, S_{Wreq} , cannot exceed the maximum sweat rate, S_{Wmax} , achievable by the person. The required skin wettedness, w_{req} , cannot exceed the maximum skin wettedness, w_{max} , achievable by the person. These two maximum values are a function of the acclimatization of the person.

7.1.3 Strain criteria

In the case of non-equilibrium of the thermal balance, the rectal temperature increase should be limited at a maximum value, $t_{re,max}$, such that the probability of any acute pathological effect due to heat stress is extremely limited. Finally, whatever the thermal balance, the water loss should be restricted to a value, D_{max} , compatible with fluid and electrolyte maintenance by the body.

7.1.4 Reference values

[Annex B](#) includes reference values for the stress criteria (w_{max} and S_{Wmax}) and the strain criteria ($t_{re,max}$ and D_{max}). w_{max} , S_{Wmax} and D_{max} values are a function of the acclimatization state of the person.

7.2 Analysis of the work situation

Heat exchanges are computed at time t_i , from the body conditions existing at the previous computation time, t_{i-1} , and as a function of the climatic parameters, the metabolic rate and clothing conditions during the time increment.

The steps are:

- the required evaporative heat flow, E_{req} , skin wettedness, w_{req} , and sweat rate, S_{Wreq} , are first computed;
- from these, the predicted sweat rate, S_{Wp} , skin wettedness, w_p , and evaporative heat flow, E_p , are computed considering the stress criteria (E_{max} , w_{max} and S_{Wmax}) as well as the exponential response of the sweating system;
- the rate of heat storage is estimated by the difference between the required and predicted evaporative heat flow;
- the stored heat contributes to the increase or decrease in skin and core temperatures and these are estimated;
- from these values, the heat exchanges during the time increment are computed.

The evolutions of S_{Wp} , t_{cr} and t_{re} are in this way iteratively computed.

7.3 Determination of allowable exposure time, D_{lim}

The allowable exposure time, D_{lim} , is reached when either the predicted rectal temperature (t_{re}) or the predicted cumulated water loss reaches the corresponding maximum values.

Special precautionary measures need to be taken and individual physiological supervision of the persons is recommended in work situations in which:

- the maximum evaporative heat flow at the skin surface, E_{max} , is negative, leading to condensation of water vapour on the skin; or
- the estimated allowable exposure time is less than 30 min.

The conditions for carrying out this surveillance and the measuring techniques to be used are described in ISO 9886.

A computer program in BASIC is given in [Annex E](#), which allows for the calculation and the interpretation of any condition where the metabolic rate, the clothing thermal characteristics and the climatic parameters are known.

[Annex F](#) provides some data (input data and results) that shall be used for the validation of any computer program developed on the basis of the model presented in [Annex A](#).

Annex A (normative)

Data necessary for the computation of thermal balance

A.1 Ranges of validity

The numerical values and the formulae given in this annex conform to the state of knowledge at the time of publication. Some are likely to be amended in the light of increased knowledge.

The algorithms described in this annex were validated on a database of 747 laboratory experiments and 366 field experiments from eight European research institutions.^[15] Table A.1 gives the ranges of conditions for which the PHS model can be considered to be validated. When one or more parameters are outside this range, this model should be used with care and special attention given to the people exposed.

Table A.1 — Ranges of validity of the PHS model

Parameters	Units	Minimum	Maximum
t_a	°C	15	50
p_a	kPa	0,5	4,5
$t_r - t_a$	°C	0	60
v_a	ms ⁻¹	0	3
M	W·m ⁻²	56	250
I_{cl}	clo	0,1	1,0

The time increment used during this validation study was equal to 1 min. The model has not been validated for times in excess of 480 min.

A.2 Determination of the heat flow by respiratory convection, C_{res}

The heat flow by respiratory convection can be estimated by [Formula \(A.1\)](#):

$$C_{res} = 0,001\,52\,M\,(28,56 - 0,885\,t_a + 0,641\,p_a) \quad (A.1)$$

A.3 Determination of the heat flow by respiratory evaporation, E_{res}

The heat flow by respiratory evaporation can be estimated by [Formula \(A.2\)](#):

$$E_{res} = 0,001\,27\,M\,(59,34 + 0,53\,t_a - 11,63\,p_a) \quad (A.2)$$

A.4 Determination of the steady-state mean skin temperature

In climatic conditions for which this document is applicable, the steady-state mean skin temperature can be estimated as a function of the parameters of the working situation, using [Formulae \(A.3\)](#) and [\(A.4\)](#).

— For $I_{cl} \leq 0,2$ clo:

$$t_{sk,eq,nu} = 7,19 + 0,064\,t_a + 0,061\,t_r - 0,348\,v_a + 0,198\,p_a + 0,616\,t_{re} \quad (A.3)$$

— For $I_{cl} \geq 0,6$ clo:

$$t_{sk,eq,cl} = 12,17 + 0,02 t_a + 0,04 t_r - 0,253 v_a + 0,194 p_a + 0,005 35 M + 0,513 t_{re} \quad (A.4)$$

For I_{cl} values between 0,2 and 0,6, the steady-state skin temperature is interpolated between these two values using [Formula \(A.5\)](#):

$$t_{sk,eq} = t_{sk,eq,nu} + 2,5 \times (t_{sk,eq,cl} - t_{sk,eq,nu}) \times (I_{cl,st} - 0,2) \quad (A.5)$$

A.5 Determination of the instantaneous value of skin temperature

The skin temperature, $t_{sk,i}$, at time t_i can be estimated from:

- the skin temperature, $t_{sk,i-1}$, at time t_{i-1} one minute earlier;
- the steady-state skin temperature, $t_{sk,eq}$, predicted from the conditions existing during the last minute by [Formula \(A.5\)](#).

The time constant of the response of the skin temperature being equal to 3 min, [Formulae \(A.6\)](#) and [\(A.7\)](#) are used:

$$t_{sk,i} = k_{tsk} \times t_{sk,i-1} + (1 - k_{tsk}) \times t_{sk,eq} \quad (A.6)$$

$$k_{tsk} = \exp(-1/3) \quad (A.7)$$

A.6 Determination of the heat accumulation associated with the metabolic rate, Q_{eqi}

In a neutral environment, the core temperature increases as a function of metabolic rate. For an average person, equilibrium core temperature is related to metabolic rate according to [Formula \(A.8\)](#):

$$t_{cr,eq} = 0,003 6(M - 55) + 36,8 \quad (A.8)$$

The core temperature reaches this equilibrium core temperature following a first-order system with a time constant equal to 10 min. At time i , it is estimated using [Formulae \(A.9\)](#) and [\(A.10\)](#):

$$t_{cr,eq,i} = k_{tcr} \times t_{cr,eq,i-1} + (1 - k_{tcr}) \times t_{cr,eq} \quad (A.9)$$

$$k_{tcr} = \exp(-1/10) \quad (A.10)$$

The heat storage associated with this increase is given by [Formula \(A.11\)](#):

$$Q_{eqi} = c_{p,b} \times W_b / (A_{Du} \times 60) \times (t_{cr,eq,i} - t_{cr,eq,i-1}) \times (1 - \alpha_{i-1}) \quad (A.11)$$

A.7 Determination of the static insulation characteristics of clothing

For a nude person and in static conditions without movements either of the air ($<0,2 \text{ m}\cdot\text{s}^{-1}$) or of the person, the sensible heat exchanges ($C + R$) can be estimated by [Formula \(A.12\)](#):

$$C + R = \frac{t_{sk} - t_a}{I_T} \quad (\text{A.12})$$

For a clothed person, this static heat resistance, I_T , can be estimated using [Formula \(A.13\)](#):

$$I_T = I_{cl} + \frac{I_a}{f_{cl}} \quad (\text{A.13})$$

where

- I_a can be estimated as $0,111 \text{ m}^2 \text{ K}\cdot\text{W}^{-1}$;
- the clothing area factor, f_{cl} , is given by [Formula \(A.14\)](#):

$$f_{cl} = 1 + 1,97 \cdot I_{cl} \quad (\text{A.14})$$

A.8 Determination of the resultant (or dynamic) insulation characteristics of clothing

Activity and ventilation modify the insulation characteristics of the clothing and the adjacent air layer.

Because both wind and movement reduce the insulation, this needs to be corrected. The correction factor β_{IT} can be estimated with [Formulae \(A.15\)](#) and [\(A.16\)](#):

- for a nude person ($I_{cl,st} = 0$):

$$\beta_{IT} = \beta_{la} = e^{[(0,047v_{ar} - 0,472)v_{ar} + (0,117v_w - 0,342)v_w]} \quad (\text{A.15})$$

- for a person wearing clothes with $I_{cl,st} > 0,6 \text{ clo}$:

$$\beta_{IT} = \beta_{cl} = e^{[0,043 + (0,066v_{ar} - 0,398)v_{ar} + (0,094v_w - 0,378)v_w]} \quad (\text{A.16})$$

When the walking speed is undefined or the person is stationary, the value for v_w can be calculated with [Formula \(A.17\)](#):

$$v_w = 0,0052 (M - 58) \quad (\text{A.17})$$

where $v_w \leq 0,7 \text{ m}\cdot\text{s}^{-1}$.

When the walking speed v_w is known, but the direction varies, the relative air velocity is taken as the largest of the two velocities v_a and v_w .

When a walking direction θ is kept relative to the air velocity, the relative air velocity is given by [Formula \(A.18\)](#):

$$v_{ar} = |v_a + v_w \cos(\pi\theta/180)| \quad (\text{A.18})$$

In all cases, the relative air velocity, v_{ar} , is limited to $3 \text{ m}\cdot\text{s}^{-1}$ and the walking speed, v_w , limited to $1,5 \text{ m}\cdot\text{s}^{-1}$.

For conditions with I_{cl} between 0 and 0,6 clo, the correction factor is estimated by interpolation between these two values by [Formulae \(A.19\)](#) to [\(A.22\)](#):

$$\beta_{IT} = [(0,6 - I_{cl}) \times \beta_{Ia} + I_{cl} \times \beta_{cl}]/0,6 \quad (A.19)$$

In any case, this correction factor is limited to 1.

Finally, resultant (or dynamic) thermal insulation values are calculated as:

$$I_{a,r} = \beta_{Ia} \times I_a \quad (A.20)$$

$$I_{T,r} = \beta_{IT} \times I_T \quad (A.21)$$

$$I_{cl,r} = I_{T,r} - \frac{I_{a,r}}{f_{cl}} \quad (A.22)$$

A.9 Estimation of the heat exchanges through convection and radiation

The dry heat exchanges can be estimated using [Formulae \(A.23\)](#) to [\(A.27\)](#). [Formulae \(A.23\)](#) describes the heat exchanges between the clothing and the environment:

$$C + R = f_{cl} \times [h_c \times (t_{cl} - t_a) + h_r \times (t_{cl} - t_r)] \quad (A.23)$$

[Formulae \(A.24\)](#) describes the heat exchanges between the skin and the clothing surface:

$$C + R = \left(\frac{t_{sk} - t_{cl}}{I_{cl,r}} \right) \quad (A.24)$$

The convective heat transfer coefficient, h_c , can be estimated as the greatest value of:

$$2,38|t_{cl} - t_a|^{0,25} \quad (A.25)$$

$$3,5 + 5,2v_{ar} \quad (A.26)$$

$$8,7v_{ar}^{0,6} \quad (A.27)$$

The radiative heat exchange coefficient, h_r , can be estimated using [Formula \(A.28\)](#):

$$h_r = \varepsilon_{cl,r} \times \sigma \times \frac{A_r}{A_{Du}} \times \frac{(t_{cl} + 273)^4 - (t_r + 273)^4}{t_{cl} - t_r} \quad (A.28)$$

where

σ is the Stefan-Boltzmann constant equal to $5,67 \cdot 10^{-8} \text{ W} \cdot \text{m}^{-2} \cdot \text{K}^{-4}$;

A_r/A_{Du} is the fraction of surface of the body involved in heat exchange by radiation, equal to 0,67 for a crouching person, 0,70 for a seated person and 0,77 for a standing person;

$\varepsilon_{cl,r}$ is the emissivity of the outer clothed surface;

$\varepsilon_{cl,r} = \varepsilon_{cl}$ is the emissivity of the outer surface of ordinary clothing when no reflective clothes are used, which is taken to be 0,97.

When clothing with a reflection coefficient F_r is worn on a fraction A_p smaller than 50 % of the body surface, the emissivity in [Formula \(A.28\)](#) should be calculated using [Formula \(A.29\)](#):

$$\varepsilon_{cl,r} = (1 - A_p) \varepsilon_{cl} + A_p (1 - F_r) \quad (A.29)$$

As stated in [Clause 1](#), this method of assessment is not applicable to cases where special protective clothing, such as fully reflective clothing, is worn.

Both [Formula \(A.23\)](#) and [Formula \(A.24\)](#) should be solved iteratively in order to derive t_{cl} .

A.10 Estimation of the maximum evaporative heat flow at the skin surface, E_{max}

The maximum evaporative heat flow at the skin surface is given by [Formula \(A.30\)](#):

$$E_{max} = \frac{p_{sk,s} - p_a}{R_{e,T,r}} \quad (A.30)$$

The resultant (or dynamic) clothing total water vapour resistance, $R_{e,T,r}$, is estimated from [Formulae \(A.31\)](#) to [\(A.33\)](#):

$$R_{e,T,r} = \frac{I_{T,r}}{16,7 i_{m,r}} \quad (A.31)$$

where the dynamic clothing permeability index, $i_{m,r}$, is equal to the static clothing permeability index, i_m , corrected for the influence of air and body movement:

$$i_{m,r} = i_m \times \beta_{im} \quad (A.32)$$

$$\beta_{im} = 2,6 \beta_{IT}^2 - 6,5 \beta_{IT} + 4,9 \quad (A.33)$$

where $i_{m,r}$ is limited to 0,9.

A.11 Estimation of the required evaporation rate, E_{req} , and the required sweat rate, S_{Wreq}

At time i , the required evaporation rate can be estimated by [Formula \(A.34\)](#), from the heat exchanges and the heat accumulation associated with the metabolic rate, Q_{eqi} , during the last time increment.

$$E_{req} = M - W - C_{res} - E_{res} - C - R - Q_{eqi} \quad (A.34)$$

The required skin wettedness is given by E_{req} divided by E_{max} as detailed in [6.2](#).

A greater skin wettedness is associated with (in fact, is the result of) a lower evaporative efficiency. The required evaporative efficiency decreases from 100 % to 50 % as the skin wettedness increases to 100 %. When the required evaporative heat flow, E_{req} , is greater than the maximum evaporative heat flow at the skin surface, the required wettedness, w_{req} , is greater than 1, and the evaporation efficiency, r_{req} , is expected to become lower than 0,5.

r_{req} is then computed from w_{req} using the following expressions:

— for $w_{req} \leq 1$, the efficiency is given by [Formula \(A.35\)](#):

$$r_{req} = 1 - w_{req}^2/2 \quad (A.35)$$

— for $w_{req} > 1$, the efficiency is given by [Formula \(A.36\)](#):

$$r_{\text{req}} = (2 - w_{\text{req}})^2/2 \quad (\text{A.36})$$

— if $r_{\text{req}} < 0,05$, r_{req} is set to 0,05.

The required sweat rate, S_{Wreq} , is calculated as E_{req} divided by r_{req} .

In all cases, the required sweat rate, S_{Wreq} , may not be greater than S_{Wmax} .

A.12 Determination of the predicted sweat rate, S_{Wp} , and the predicted evaporative heat flow at the skin surface, E_{p}

The flow chart in [Figure A.1](#) shows how the evaluations are performed. It requires the following explanations:

The sweat rate response can be described by a first-order system with a time constant of 10 min.

Therefore, the predicted sweat rate at time t_i is given by [Formulae \(A.37\)](#) and [\(A.38\)](#):

$$S_{\text{Wp},i} = k_{\text{Sw}} \times S_{\text{Wp},i-1} + (1 - k_{\text{Sw}}) \times S_{\text{Wreq}} \quad (\text{A.37})$$

$$k_{\text{Sw}} = \exp(-1/10) \quad (\text{A.38})$$

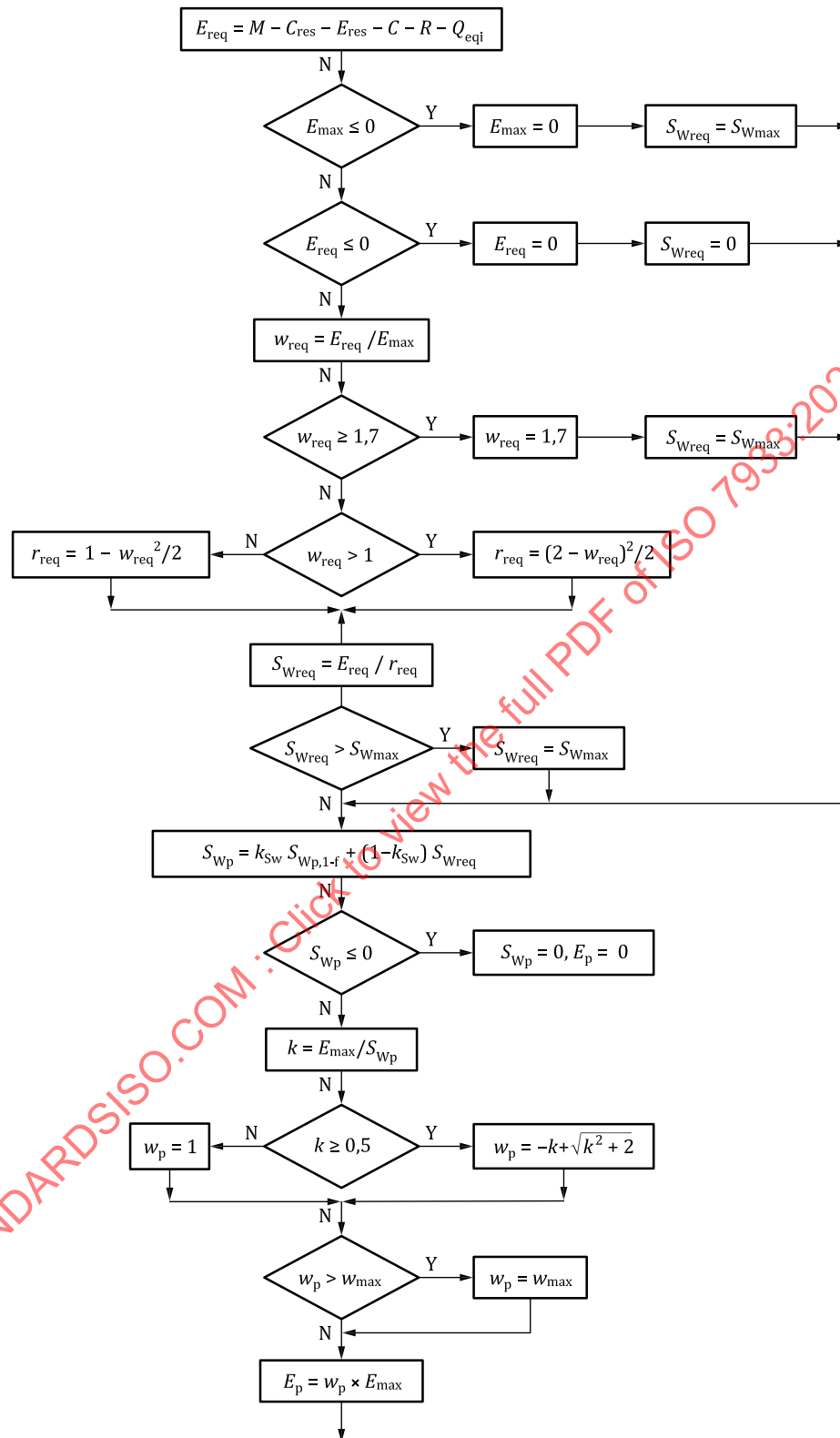


Figure A.1 — Flow chart for the determination of the predicted sweat rate, S_{wp} , and the predicted evaporative heat flow rate, E_p

A.13 Evaluation of the rectal temperature

The heat storage during the last time increment at time t_i is given by [Formula \(A.39\)](#):

$$Q_{\text{tot},i} = E_{\text{req}} - E_{\text{p}} + Q_{\text{eqi}} \quad (\text{A.39})$$

This heat storage leads to an increase in core temperature, taking into account the increase in skin temperature. The fraction of the body mass at the mean core temperature is given by [Formula \(A.40\)](#):

$$(1 - \alpha) = 0,7 + 0,09 (t_{\text{cr}} - 36,8) \quad (\text{A.40})$$

This fraction is limited to:

- 0,7 for $t_{\text{cr}} \leq 36,8 \text{ } ^\circ\text{C}$;
- 0,9 for $t_{\text{cr}} \geq 39,0 \text{ } ^\circ\text{C}$.

Then, the core temperature at time i can be computed using [Formula \(A.41\)](#):

$$t_{\text{cr},i} = \frac{1}{1 - \frac{\alpha_i}{2}} \left[\frac{Q_{\text{tot},i} \times A_{\text{du}} \times 60}{c_{\text{sp}} \times W_{\text{b}}} + t_{\text{cr},i-1} - \frac{t_{\text{cr},i-1} - t_{\text{sk},i-1}}{2} \alpha_{i-1} - t_{\text{sk},i} \frac{\alpha_i}{2} \right] \quad (\text{A.41})$$

The rectal temperature is estimated according to [Formula \(A.42\)](#):

$$t_{\text{re},i} = t_{\text{re},i-1} + \frac{2t_{\text{cr},i} - 1,926t_{\text{re},i-1} - 1,31}{9} \quad (\text{A.42})$$

Annex B (informative)

Criteria for estimating acceptable exposure time in a hot work environment

B.1 General

The physiological criteria used for determining the maximum allowable exposure time are:

- acclimatized and unacclimatized persons in good health and fit for assigned duties;
- a maximum skin wettedness, $w_{\max}$;
- a maximum sweat rate capacity, $S_{W\max}$;
- protection of 95 % of the working population based on predicted rectal temperature and dehydration;
- a maximum water loss, $D_{\max}$;
- a maximum acceptable rectal temperature, $t_{\text{re},\max}$.

B.2 Acclimatized and unacclimatized persons

Acclimatized persons are able to sweat more abundantly, more uniformly on their body surface and earlier than unacclimatized persons. In a given work situation, this results in lower heat storage (lower core temperature) and lower cardiovascular strain (lower heart rate). In addition, acclimatized persons are known to lose less salt through sweating and therefore are able to endure a greater water loss.

This distinction between acclimatized and unacclimatized is therefore essential. Acclimatization state is accounted for in $w_{\max}$ and $S_{W\max}$.

When the state of acclimatization is uncertain, the person is assumed to be unacclimatized.

B.3 Maximum skin wettedness, $w_{\max}$

The maximum skin wettedness is set to 0,85 for an unacclimatized person and 1,0 for an acclimatized person.

B.4 Maximum sweat rate, $S_{W\max}$

For this document, maximum sweat rate capacity is $400 \text{ W}\cdot\text{m}^{-2}$ for unacclimatized persons and $500 \text{ W}\cdot\text{m}^{-2}$ for acclimatized persons. This corresponds to possible productions of 1 l and 1,25 l maximum of sweat per hour, respectively.

B.5 Maximum dehydration and water loss

A 3 % dehydration induces an increased heart rate and depressed sweating sensitivity and is therefore adopted as the maximum dehydration for occupational exposures (not for specially trained persons in the military and sports).

For exposures lasting 4 h to 8 h, the rehydration is greater than 40 % in 95 % of cases.^[19]

Based on these values, the maximum allowable water loss to protect 95 % of the working population ($D_{\max}$) is set at 5 % of the body mass when people can drink freely. If no water is provided, the total water loss should be limited to 3 %.

B.6 Maximum value of rectal temperature

The WHO technical report No. 412 (1969)^[10] underlined the importance of limiting deep body temperature. During the development of PHS, a 38 °C prediction criterion was confirmed as a population-based goal.^[14] When the average rectal temperature is equal to 38 °C for a group of persons in given working conditions, it can be estimated that the probability for a particular individual to reach higher rectal temperatures is limited as follows:

- for 42,0 °C: less than 10^{-7} (less than once every 4 years among 10 000 persons) (250 workdays per year);
- for 39,2 °C: less than 10^{-4} (less than one person at risk among 10 000 shifts).

When this limit value of 38,0 °C was used in the validation study, it was confirmed that 95 % of the exposures resulted in observed rectal temperatures below 39 °C.^[15]

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Annex C (informative)

Metabolic rate

ISO 8996 describes methods for estimating the metabolic rate. These methods are classified in four levels of increasing accuracy.

Level 1, screening: a simple method to quickly classify as light, moderate, high or very high the mean workload according to the kind of activity.

Level 2, observation: a time-and-motion study to characterize, on average, a working situation at a specific time. This method can be used by people with full knowledge of the working conditions but without necessarily any training in ergonomics.

Level 3, analysis: a method to estimate the metabolic rate from a heart rate recording over a representative period of time. This method is addressed to people trained in occupational health and ergonomics of the thermal environment.

Level 4, expertise: three methods requiring very specific measurements made by experts:

- oxygen consumption measurement;
- doubly labelled water method;
- direct calorimetry method.

While the screening method described in ISO 7243 (WBGT index) for establishing the presence or absence of heat stress in a given thermal environment can settle for the method of level 1 for estimating the metabolic rate, only methods of higher accuracy are compatible with the PHS model described in this document.

The use of the level 3 method based on heart rate recordings, including the mandatory correction for thermal effects on heart rate, is highly recommended.

It should be noted that while the methods presented in ISO 8996 make it possible to evaluate the metabolic rate in watts, the PHS model calculates the heat exchanges in watts per square metre of body surface. The metabolic rate to be used in the formulae in [Annex A](#) should therefore be the value given in watts by the procedures from ISO 8996 divided by the body surface area, A_{Du} .

Annex D (informative)

Clothing thermal characteristics

D.1 General

The thermal characteristics of the clothing to be considered are:

- thermal insulation;
- reflection of thermal radiation;
- permeability to water vapour.

D.2 Clothing thermal insulation

The clothing thermal insulation unit used in this document is $\text{m}^2 \cdot \text{K} \cdot \text{W}^{-1}$. However, the clothing insulation is often more conveniently expressed in clo, 1 clo being equal to $0,155 \text{ W} \cdot \text{m}^2 \cdot \text{K}^{-1}$.

[Table D.1](#) gives the static (or basic) clothing thermal insulation values in clo for selected garment ensembles.

Table D.1 — Static (or basic) insulation values for selected garment ensembles

Garment ensembles	I_{cl} clo
Briefs, short-sleeve shirt, fitted trousers, calf-length socks, shoes	0,5
Underpants, shirt, fitted trousers, socks, shoes	0,6
Underpants, coverall, socks, shoes	0,7
Underpants, shirt, coverall, socks, shoes	0,8
Underpants, shirt, trousers, smock, socks, shoes	0,9
Briefs, undershirt, underpants, shirt, overalls, calf-length socks, shoes	1,0
Underpants, undershirt, shirt, trousers, jacket, vest, socks, shoes	1,1

The resultant (or dynamic) clothing thermal insulation is used in the calculation. The formulae for determination of the resultant (or dynamic) insulation characteristics of clothing are provided in [A.8](#).

D.3 Reflection of thermal radiation

[Table D.2](#) gives the reflection coefficients, F_r , for different special materials coated with aluminium to reflect thermal radiation.

Table D.2 — Reflection coefficients, F_r , for different special materials

Material	Treatment	F_r
Cotton	with aluminium paint	0,58
Viscose	with glossy aluminium foil	0,81
Aramid	with glossy aluminium foil	0,86
Wool	with glossy aluminium foil	0,87
Cotton	with glossy aluminium foil	0,96
Viscose	vacuum metallized with aluminium	0,94
Aramid	vacuum metallized with aluminium	0,96
Wool	vacuum metallized with aluminium	0,95
Cotton	vacuum metallized with aluminium	0,95
Glass fibre	vacuum metallized with aluminium	0,93

The reduction of radiative heat exchanges only occurs for the part of the body covered by the reflective clothing. [Table D.3](#) provides information to estimate the fraction, A_p , of the area of the body concerned.

Table D.3 — Ratio of the area of a part of the body to the total body surface

Area	A_p
Head and face	0,07
Thorax and abdomen	0,175
Back	0,175
Arms	0,14
Hands	0,05
Thighs	0,19
Legs	0,13
Feet	0,07

D.4 Permeability to water vapour

The evaporative resistance of the clothing is strongly influenced by the permeability to water vapour of the material, which can be defined by the static moisture permeability index, i_m . For validation of this method, a value of $i_m = 0,38$, typical of woven clothing, was used.

Annex E (informative)

Computer program for the computation of the predicted heat strain model

E.1 General

The correspondence between the symbols given in [Table 1](#) and those used in the computer program in [E.2](#) are detailed in [Table E.1](#).

Table E.1 — Correspondence between some symbols in [Table 1](#) and those used in the computer program

Symbol in the program	Symbol in Table 1
Ardu	A_w/A_{Du}
Conv	C
ConstSW	k_{Sw}
ConstTeq	k_{tcr}
ConstTsk	k_{tsk}
CORcl	β_{lcl}
CORe	β_{im}
CORia	β_{la}
CORtot	β_{IT}
dStorage	$Q_{tot,i}$
dStoreeq	Q_{eqi}
Ecl	$\varepsilon_{cl,r}$
Eveff	r_{req}
Iadyn	$I_{a,r}$
Iast	I_a
Icl	I_{cl}
Icldyn	$I_{cl,r}$
imdyn	$i_{m,r}$
imst	i_m
Itotdyn	$I_{T,r}$
Itotst	I_T
ConstTsk	k_{tsk}
ConstTeq	k_{tcr}
ConstSw	k_{Sw}
Met	M
Rad	R
Rtdyn	$R_{e,T,r}$
SWp0	$S_{Wp,i-1}$
Tcr	$t_{cr,i}$
Tcr0	$t_{cr,i-1}$