



Heat Stroke Checker WBGT-103F

**Prevent Heat Stroke in Working Fields
or while Sporting!**

The following organizations advocate WBGT index for integrated evaluation of thermal environments in order to better manage health care in prevention of heat stroke.

American College of Sports Medicine

US Army

Japan Amateur Sports Association

Japan Society for Occupational Health

American Conference of Governmental Industrial Hygienists

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- 1 Read WBGT index easily by hand-held metering.
 - 2 Display appears instantly when power is turned on.
 - 3 Display can be switched to temperature, relative humidity and globe temperature.

**What is the most dangerous
physical accident while sporting
or working in high heat environment?
It is Heat Stroke that attacks healthy people!**

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Prevention of Heat Stroke

Heat stroke occurs suddenly to healthy people during sports or outdoor drills or in working fields, but it can be avoided by adequate preventive measures. Once someone dies from heat stroke during such activities or in working fields, responsibility of the manager is questioned, and the leader may be sued in some cases, which actually happened in the past. In order to prevent heat stroke, the health care organizations in the world agree to recommend to the public the measurement of WBGT index, which shows thermal conditions in the surroundings, and indicates integrated evaluations including appropriate water supply and taking rests in intervals. This vital WBGT index can be easily measured by a handy portable type meter like the WBGT-103F, which is designed for widespread use.

SPORTS

Prevention guides from heat stroke

WBGT(°F)	
87.8	Stop exercises except special occasions.
82.4	Avoid hard exercises, marathon or the like requiring large amount of heat load.
77.0	Frequent rest breaks and hydration should be encouraged.
69.8	Hydration during rest breaks should be encouraged. Risk of heat stroke is low but proper hydration should be encouraged.

*Recommended by Japan Amateur Sports Association. Sports Medical Science Committee.

WORK

Criteria of permissible high heat in physical labor

WBGT(°F)	Permissible limits (in WBGT)		
	Light work	Moderate work	Heavy work
8hr. Continuous Work	86.0°F	80.1°F	77.0°F
75%Work - 25%Resting	87.1°F	82.4°F	78.6°F
50%Work - 50%Resting	88.5°F	84.9°F	82.2°F
25%Work - 75%Resting	90.0°F	88.0°F	86.0°F

*Recommended by American Conference of Governmental Industrial Hygienists (ACGIH)

Specifications

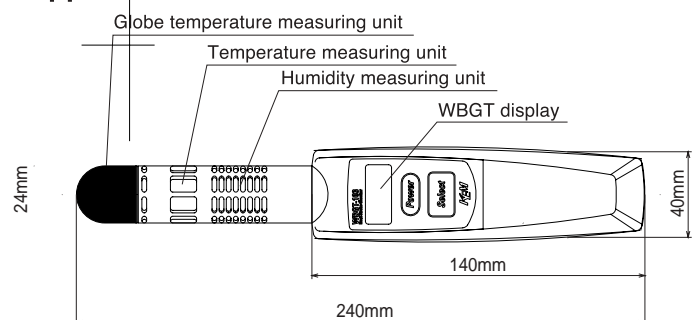
Type and model name	WBGT-103F Heat Stroke Checker		
Measuring range	WBGT	: 32 ~ 122°F	
	Temperature	: 32 ~ 122°F	
	Relative humidity	: 10 ~ 90%RH	
	Globe temperature	: 32 ~ 140°F	
Precision (Under breezing condition)	WBGT	: ±3°F (59 ~ 95°F)	
	Temperature	: ±2°F (59 ~ 104°F)	
	Relative humidity	: ±5% (20 ~ 80%)	
	Globe temperature	: ±3°F (59 ~ 122°F)	
Battery life	Approximately 70 hours in continuous use		
Power source	AAA dry cell (1.5V) x 2		
Weight	Approx. 150g		
Accessories	Carrying case	1 piece	
	AAA dry cell (1.5V)	2 cells	
	User's manual	1 copy	

Operating procedure

Power ON	WBGT index appears
↓	
Switch ON	Temperature appears
↓	
Switch ON	Relative humidity appears
↓	
Switch ON	Globe temperature appears

*Indoor/outdoor measurement can be switched.

Appearance and dimensions



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