

U.S. DEPARTMENT OF  
HOMELAND SECURITY  
U.S. COAST GUARD  
CG-5145B (3-08)

### HEAT STRESS MONITORING WORKSHEET

Date/Time Started

LOCATION	TIME	DB	WB	GT	WBGT	PHEL	STAY TIME
MMR							
AMR							
AFT STEERING							
SCULLERY							
LAUNDRY							

What aspects of this stress are beyond your control?