**Appendix O**

**Borg and Thermal Sensation Scale**

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# exertion level

CDC estimates the average public reporting burden for this collection of information as 1 minute per response, including the time for reviewing instructions, searching existing data/information sources, gathering and maintaining the data/information needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-XXXX).

|  |
| --- |
| 6 No exertion at all |
| 7 |
| 7.5 Extremely light  |
| 8 |
| 9 Very light (e.g. walking slowly at your own pace for several minutes)  |
| 10  |
| 11 Light |
| 12 |
| 13 Somewhat hard (still feels OK to continue) |
| 14 |
| 15 Hard (heavy work) |
| 16 |
| 17 Very hard (healthy person can still go on, but they have to really push themselves, and they feel very tired) |
| 18 |
| 19 Extremely hard  |
| 20 Maximal exertion  |

|  |
| --- |
| Thermal Sensation  |
| **0.0** Unbearably Cold |
| **0.5**  |
| **1.0** Very cold |
| **1.5**  |
| **2.0** Cold |
| **2.5**  |
| **3.0** Cool  |
| **3.5** |
| **4.0** Comfortable |
| **4.5**  |
| **5.0** Warm |
| **5.5**  |
| **6.0** Hot |
| **6.5**  |
| **7.0** Very hot |
| **7.5**  |
| **8.0** Unbearably hot |