## Appendix O Borg and Thermal Sensation Scale

Form Approved OMB No. 0920-XXXX Exp. Date xx/xx/20xx

## **EXERTION LEVEL**

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

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-

THERMAL SENSATION
0.0 Unbearably Cold
0.5
1.0 Very cold
1.5
<b>2.0</b> Cold
2.5
3.0 Cool
3.5
4.0 Comfortable
4.5
5.0 Warm
5.5
<b>6.0</b> Hot
6.5
7.0 Very hot
7.5
8.0 Unbearably hot