

# HUMAN TOLERANCE TO WORK IN HEAT WITH SEMI-PERMEABLE CLOTHING: VALIDATION OF PREDICTIONS

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## INTRODUCTION

Protective clothing is commonly used to prevent worker contamination with toxic industrial chemicals, pesticides, asbestos or radioactive substances. The military services use analogous clothing to protect personnel from agents which might be used in chemical warfare. Unfortunately, such clothing slows heat dissipation from the body by inhibiting both convective air exchange and the evaporation of sweat. The need to protect workers from undue heat stress has led to the wide use of Wet Bulb Globe Temperature (WBGT) as an index of environmental heat load. However, WBGT was developed for conventional clothing (shirt and trousers), and must be modified when protective ensembles are worn. The Texas Model developed by Dr. Wissler (1,2) was used in an earlier parametric analysis of work, air temperature and humidity for persons wearing USAF chemical defense (CD) clothing. Results indicated that WBGT tended to over-emphasize the effects of external humidity and sunlight, and that a better index of environmental heat load was the "Discomfort Index" where  $DI = 0.5 T_{db} + 0.5 T_{wb}$ . The main objectives of this study were: A) To compare the output of the Texas Model with the data obtained from human experiments with CD clothing, and B) To examine the validity of the DI as a predictor of environmental heat stress.

## METHODS

DI values of 20, 30 and 33°C were selected and combined with various work loads to produce eight experimental conditions representing a range of heat stress levels (see table). The DI's of 20 and 30 were each produced by two combinations of  $T_{db}$  and  $T_{wb}$  to test the validity of the 50/50 weighting of these variables. In addition, these DI's were also used with different work loads to examine the interaction between external and internal heat load for persons wearing protective clothing.

Condition	Discomfort Index	Work Load (Watts)	$T_{db}$ (°C)	$T_{wb}$ (°C)	$T_{bg}$ (°C)	Vapor Pressure (Torr)	Predicted Tolerance Times (min)	Experimental Tolerance Times (min)
c.1	20	541	22	18	27	14.0	∞	97.4 ± 8.6
c.2	20	541	28	12	33	3.0	∞	103.3 ± 16.0
c.3	30	393	32	28	37	26.5	90	65.7 ± 5.5
c.4	30	541	32	28	37	26.5	49	52.2 ± 6.3
c.5	30	541	40	20	45	7.5	54	58.9 ± 5.0
C.6	30	738	32	28	37	26.5	33	34.5 ± 5.6
c.7	33	393	35	31	40	32.0	59	57.7 ± 3.8
C.8	33	738	35	31	40	32.0	29	32.1 ± 3.9

Nine healthy male subjects agreed to participate in this study and signed a statement of informed consent. The physical characteristics were (mean ± SD): age 35.1 ± 9.9 years; weight 73.9 ± 11.6 kg and height 174.3 ± 8.7 cm. Subject's peak aerobic capacity ( $\dot{V}O_2$  Max) and corresponding heart rate ( $HR_{max}$ ) were determined using a progressive treadmill test. The mean values were:  $\dot{V}O_2$  Max 45.5 ± 3.5 ml  $O_2$ /Kg body weight and  $HR_{max}$  190 ± 12 bpm.

Subjects reported at 0800 h on each testing day and were instrumented with skin thermistors, a rectal probe and ECG electrodes. They wore tee-shirt, military fatigue shirt and trousers, and a chemical defense overgarment consisting of charcoal-impregnated jacket and trousers. Subjects wore their own tennis shoes, cotton gloves with rubber overgloves, a vapor-impermeable hood, and a chemical defense mask with the filter canister removed to reduce inspiratory resistance. The thermal insulation value of the outfit was about 2.4 clo. Each subject was tested under all eight experimental conditions in randomized order at a rate of 1-2 experiments per month. Subjects walked continuously on the treadmill at the pre-determined workload (low, moderate or high) until they reached a  $T_{re}=39.0^\circ C$  or were unwilling to continue. Thermal tolerance time (TTT) was defined as the time required to reach  $T_{re}=39^\circ C$ . Rectal and skin temperatures and HR were recorded at 30-s intervals during the experiments.

The eight experimental conditions were divided into subsets for analysis of the various factors affecting TTT. Comparison of conditions 1 vs. 2 and 4 vs. 5 allowed the evaluation of environmental heat load effects in order to assess the validity of the Discomfort Index. Conditions 3, 4 & 6 allowed examination of workload effects in a single hot, humid environment. Conditions 7 & 8 used low and high workloads in a hotter, humid environment.

Group means were calculated for: TTT, final T<sub>msk</sub>, final HR, SR, ER, percent of sweat evaporated (E) and change in body weight ( $\Delta$ BW). Group means for each variable were analyzed among the eight conditions using a two-way analysis of variance. When significant F values were found, a Duncan's Multiple Range Test was used to test for significant differences at the  $p < 0.05$  level.

## RESULTS

Predicted TTTs obtained from the Texas Model were compared with the mean TTTs obtained during the experiments (see table). Overall, the model provided a good estimate of TTT. The model's predictions on TTT under conditions 4, 5, 6, 7 & 8 were within 2 to 5 min of experimental TTTs. Exposure times (both predicted & experimental) under these conditions were limited to less than 1 h due to the seven net heat load that resulted from metabolic generation of heat and environmental heat stress. Under C.1 & C.2 the model showed that with an elapsed time of 175 min the equilibrium was reached at 38.8°C, resulting on an "infinite" TTT. Under C.3 the model predicted a TTT = 90 min, while the mean experimental TTT was 65.7 min. We can speculate that under C.1 and C.2 the model predicted an unimpaired sweat evaporation mechanism (through the clothing), that resulted in greater skin cooling and led to the attainment of a thermal equilibrium. It is possible that during exposure to either mild ambient conditions (C.1 & C.2) or to a low workload (C.3), the model's estimates of heat transfer to the environment appear to be higher compared to what can be expected due to clothing characteristics (insulation, water vapor permeability). However, this error in overestimation of body cooling through the various clothing layers should not be attributed entirely to the model. An accurate measurement of heat transfer in complex clothing systems (multi-layer) is a very difficult task. This task becomes even more difficult when a human body has to be considered an integral element of such a determination. This difficulty is due in part to technical limitations in the static copper manikin generally used to determine the heat transfer characteristics of clothing. Limitations associated with the use of such a manikin include: 1) Changes in sweat rates (local and total), evaporation rates and distribution patterns observed on humans are difficult to reproduce, 2) Effects of body motion on heat transfer through the clothing cannot be reproduced. Therefore, static copper manikin measurements of clothing characteristics do not adequately represent heat exchange from the moving, sweating human body to the environment. However, data used in the specification of the thermal transfer characteristics of clothing for input to the Model came from static copper manikins, which explains some of the conflicting results previously discussed. These problems with the static manikin have led to the development of a new generation of dynamic manikins intended to reproduce human movements and to simulate regional sweat rates and distribution patterns. Data from studies using this new type of manikins will be necessary to refine the representation of heat transfer through complex clothing systems in the Texas Model.

The validity of the Discomfort Index for the assessment of heat stress tolerance can be evaluated by looking at the results from comparing C.1 (humid) vs. C.2 (dry), and C.4 (humid) vs. C.5 (dry). Experimental TTTs under these two sets of conditions indicate that ambient heat stress under each set was physiologically equivalent. Furthermore, C.6 and C.8 had similar, but not the same DI's (30 and 33); however, they also showed the same tolerance times. These results indicate that the Discomfort Index is useful for a general assessment of the physiological impact of exposure to ambient heat stress under similar clothing conditions. This index could be especially useful applied to conditions where individuals are required to wear semi-permeable or impermeable clothing. On the other hand, this index should not be used to assess heat stress while wearing different types of clothing, even if the 50-50 weighting of T<sub>db</sub> and T<sub>wb</sub> is the same for these conditions.

## CONCLUSIONS

The model showed an adequate accuracy in predicting heat tolerance for highly stressful conditions, which represent various combinations of work, heat and humidity. The model had difficulties to predict the physiological impact of semi-permeable clothing during exposure to a low workload or to mild environments (humid & dry). Under these conditions, the model seemed to overestimate the body's capacity to transfer heat to the environment through the clothing layers. In this respect, input data for the model could be improved by incorporating new data on the heat transfer coefficients through different clothing layers using a dynamic manikin. In addition, this study could also provide additional data on the magnitude of indirect (convective) vs. direct (conductive) skin cooling which results from the evaporation of sweat from the clothing. Our results also indicate that the use of the Discomfort Index as a predictor of heat stress is useful when individuals are wearing similar protective clothing that isolates them from the environment partially or completely.

## REFERENCES

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