

Annex H - BORG SCALE FOR RATINGS OF PERCEIVED EXERTION (RPE) SCALE RATING

6	
7	Very, very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very, very hard
20	

Borg's rating of perceived exertion (RPE) was developed to allow the exerciser to subjectively rate his/her feelings during exercise, taking into account personal fitness level, environmental conditions, and general fatigue levels. The Borg scale rates exercise intensity on a scale of 6 to 20.

NOTE: Borg's rating of perceived exertion (RPE) was developed to allow the exerciser to subjectively rate his/her feelings during exercise, taking into account personal fitness level, environmental conditions, and general fatigue levels. RPE has been found to be a valuable and reliable indicator in monitoring an individual's exercise tolerance. Research has found that perceived exertion ratings correlate highly with measured exercise heart rates and calculated oxygen consumption values. Since the firefighter must wear a mask, it is nearly impossible for the firefighter to verbally express his/her feelings regarding exercise intensity and exertion. This information provides the evaluator with vital clues to decide on the direction of the evaluation.