



Number or Hours recovered per week (48 - week year)

Hr. Rate	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0
200	4,800	9,600	14,400	19,200	24,000	28,800	33,600	38,400
250	6,000	12,000	18,000	24,000	30,000	36,000	42,000	48,000
300	7,200	14,400	21,600	28,800	36,000	43,200	50,400	57,600
350	8,400	16,800	25,200	33,600	42,000	50,400	58,800	67,200
400	9,600	19,200	28,800	38,400	48,000	57,600	67,200	76,800
450	10,800	21,600	32,400	43,200	54,000	64,800	75,600	86,400
500	12,000	24,000	36,000	48,000	60,000	72,000	84,000	96,000