HEAT INDEX

RELATIVE HUMIDITY	TEMPERATURE (F°) APPARENT TEMPERATURE*										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	138°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
60%	70°	76°	82°	90°	100°	114°	132°	149°			
70%	70°	77°	85°	93°	106°	124°	144°				
80%	71°	78°	86°	97°	113°	136°					
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

* Combined index of heat and humidity…what it "feels like" to the body.

Source: National Oceanic and Atmospheric Administration

HOW TO USE HEAT INDEX:

1. Across top locate Temperature
2. Down left side locate Relative Humidity
3. Follow across and down to find Apparent Temperature
4. Determine Heat Stress Risk on chart at right

Apparent Temperature	Heat Stress Risk with Physical Activity and/or Prolonged Expose
90° - 105°	Heat cramps or heat exhaustion *possible*
105° - 130°	Heat cramps or heat exhaustion *likely* Heatstroke *possible*
130° and up	Heatstroke *highly likely*

Note:
This Heat Index chart is designed to provide general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. In addition, studies indicate that susceptibility to heat disorder tends to increase with age. Exposure to full sunshine can increase Heat Index values by up to 15°F.

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