



Heat Index

		RELATIVE HUMIDITY %													
		40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	
AIR TEMPERATURE F°	110°	136													
	108°	130	137												
	106°	124	130	137											
	104°	119	124	131	137										
	102°	114	119	124	130	137									
	100°	109	114	118	124	129	136								
	98°	105	109	113	117	123	128	134							
	96°	101	104	108	112	116	121	126	132						
	94°	97	100	102	106	110	114	119	124	129	136				
	92°	94	96	99	101	105	108	112	116	121	126	131			
	90°	91	93	95	97	100	103	106	109	113	117	122	127	132	
	88°	88	89	91	93	95	98	100	103	106	110	113	117	121	
	86°	85	87	88	89	91	93	95	97	100	102	105	108	112	
	84°	83	84	85	86	88	89	90	92	94	96	98	100	103	
	82°	81	82	83	84	84	85	86	88	89	90	91	93	95	
80°	80	80	81	81	82	82	83	84	84	85	86	86	87		

HEAT INDEX
(APPARENT TEMPERATURE)

With Prolonged Exposure and/or Physical Activity

EXTREME DANGER	DANGER	EXTREME CAUTION	CAUTION
Heat Stroke or Sun Stroke highly likely	Sun Stroke, Muscle Cramps, and/or Heat Exhaustion likely	Sun Stroke, Muscle Cramps and/or Heat Exhaustion possible	Fatigue Possible