

HEAT INDEX

Effects of the Heat Index (shade values) NOTE: Exposure to full sunshine can increase HI values by up to 15° F

Fahrenheit	Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity
80-90°F	Caution — fatigue is possible with prolonged exposure and activity
90-105°F	Extreme caution — sunstroke, heat cramps, and heat exhaustion are possible
105-130°F	Danger — sunstroke, heat cramps, and heat exhaustion are likely; heat stroke is possible
Over 130°F	Extreme danger — sunstroke and heat stroke are likely with continued exposure

HEAT INDEX CHART—TEMPERATURE & RELATIVE HUMIDITY (RH)

RH %	AIR TEMPERATURE (FAHRENHEIT) <i>WHAT IT IS</i>															
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
	APPARENT TEMPERATURE (FAHRENHEIT) <i>WHAT IT FEELS LIKE</i>															
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

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