Heat Index Chart

The 'Heat Index' is a measure of how hot weather "feels" to the body. This table uses relative humidity and air temperature to produce the "apparent temperature" or the temperature the body "feels". These values are for shady locations only. Exposure to full sunshine can increase heat index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous as the wind adds heat to the body.

Temperature & Relative Humidity

Classification	Heat Index/Apparent Temperature	General Affect on People in High Risk Groups
Extremely Hot	≥130°F	Heat/Sunstroke HIGHLY LIKELY with continued exposure
Very Hot	105°F - 129°F	Sunstroke, heat cramps, or heat exhaustion LIKELY, and heatstroke POSSIBLE with prolonged exposure and/or physical activity
Hot	90°F - 104°F	Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity
Very Warm	80°F - 89°F	Fatigue POSSIBLE with prolonged exposure and/or physical activity

Relative Humidity (%)

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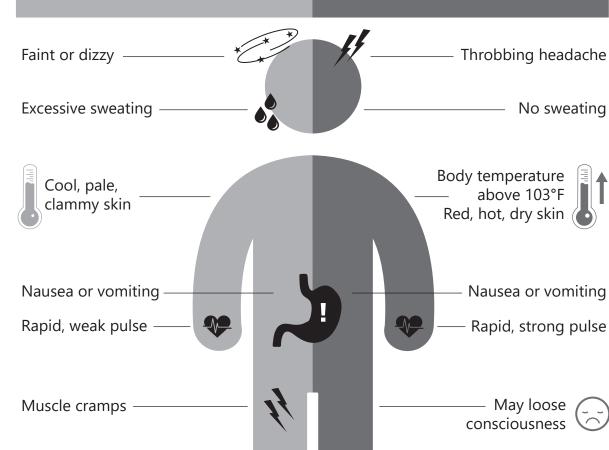
Excessive Heat

Too much heat? What does it look like?

OR







Get to a cooler, air conditioned place

HEAT

EXHAUSTION

- Drink water if fully conscious
- Take a cool shower or use cold compression

CALL 9-1-1

HEAT

STROKE

• Take immediate action to cool the person until help arrives





