

HEAT INDEX

Prepared by Paul Young

Relative Humidity	Air Temperature								
	70	75	80	85	90	95	100	105	110
Apparent Air Temperature (Degrees Fahrenheit)									
0%	64	69	73	78	83	87	91	95	99
10%	65	70	75	80	85	90	95	100	105
20%	66	72	77	82	87	93	99	105	112
30%	67	73	78	84	90	96	104	113	123
40%	68	74	79	86	93	101	110	122	137
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	157		
90%	71	79	88	102	122	150	170		
100%	72	80	91	108	133	166			

Dangers related to heat stress

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- **Heat Index 90 to 100 degrees:**
 - Sun stroke, heat cramps and heat exhaustion are all possible with prolonged exposure and physical activity.
- **Heat Index 105 to 129 degrees**
 - Sun stroke, heat cramps and heat exhaustion are all likely.
 - Heat stroke is possible with prolonged exposure and physical activity.
- **Heat Index 130 and above**
 - Heat stroke is imminent.