

## HOW TO USE HEAT INDEX

Locate today's predicted high temperature across the top line (Air Temp), and the predicted relative humidity down the left side to find today's heat index. Follow across and down to find "Apparent Temperature" or "What it feels like." Keep in mind, this chart was devised for shady, light wind conditions, so exposure to full sun can increase values by up to 15°F. Strong winds particularly with hot, dry air can be extremely hazardous.

Source: National Oceanic & Atmospheric Association & OSHA

HEAT INDEX	RISK LEVEL
Less than 91°F (32°C)	Lower (Caution)
91°F to 103°F (32°C to 39°C)	Moderate
103°F to 115°F (39°C to 46°C)	High
Greater than 115°F (46°C)	Very High to Extreme

PROTECTIVE MEASURES
Basic heat safety and planning
Implement precautions and heighten awareness
Additional precautions to protect workers
Triggers even more aggressive protective measures

Likelihood of heat disorder with prolonged exposure or strenuous activity.

Caution
  Extreme Caution
  Danger
  Extreme Danger

# HEAT INDEX CHART - PLAN AHEAD & STAY SAFE

Air Temp	70°F 21°C	75°F 24°C	80°F 29°C	85°F 29°C	90°F 32°C	95°F 35°C	100°F 38°C	105°F 41°C	110°F 43°C
Relative Humidity	Apparent Temperature —————→ Degrees Fahrenheit / Degrees Celsius								
0%	64° / 18°	69° / 21°	73° / 23°	78° / 25°	83° / 28°	87° / 30°	91° / 33°	95° / 35°	99° / 37°
10%	65° / 18°	70° / 21°	75° / 25°	80° / 26°	85° / 29°	90° / 32°	95° / 35°	100° / 38°	105° / 41°
20%	66° / 18°	72° / 22°	77° / 25°	82° / 27°	87° / 30°	93° / 34°	99° / 37°	105° / 41°	112° / 44°
30%	67° / 19°	73° / 23°	78° / 25°	84° / 28°	90° / 32°	96° / 35°	104° / 40°	113° / 45°	123° / 51°
40%	68° / 20°	74° / 23°	79° / 26°	86° / 29°	93° / 34°	101° / 38°	110° / 43°	122° / 50°	137° / 58°
50%	69° / 21°	75° / 24°	81° / 27°	88° / 31°	96° / 35°	107° / 42°	120° / 49°	135° / 57°	150° / 66°
60%	70° / 21°	76° / 24°	82° / 27°	90° / 32°	100° / 38°	114° / 45°	132° / 56°	149° / 65°	
70%	70° / 21°	77° / 25°	85° / 29°	93° / 34°	106° / 41°	124° / 51°	144° / 62°		
80%	71° / 22°	78° / 25°	86° / 29°	97° / 36°	113° / 45°	136° / 58°	157° / 69°		
90%	71° / 22°	79° / 26°	88° / 31°	102° / 39°	122° / 50°	150° / 66°	170° / 77°		
100%	72° / 22°	80° / 26°	91° / 33°	108° / 42°	133° / 56°	166° / 74°			





# KNOW THE SEVERITY, SYMPTOMS, AND PREVENTION OF HEAT STRESS:



## HEAT RASH

**SIGNS:** Red blister-like eruptions and/or bumps. Itching sensation.

**TREATMENT:** Rest in cool place. Allow skin to dry.

**PREVENTION:** Shower after working in hot environment. Keep skin dry. Training and education.



## HEAT CRAMPS

**SIGNS:** Painful spasms usually in leg or abdomen. Possibly heavy sweating.

**TREATMENT:** Apply firm pressure and massage cramped area. Rest in cool place and drink water.

**PREVENTION:** Adequate water and salt intake. Training and education.



## HEAT EXHAUSTION

**SIGNS:** Headaches, weakness, mood change, feeling sick. Extreme sweating, pale clammy skin.

**TREATMENT:** Move to cool, shaded area and loosen heavy clothing. Drink cool water and/or electrolytes.

**PREVENTION:** Acclimatization. Drink plenty of water and/or electrolytes. Training and education.

## HEAT STROKE

**SIGNS:** Pale skin, nausea, vomiting, confusion. Fever 104°F / 40°C or higher.

**TREATMENT:** Medical emergency. Call 911. Remove heavy clothing. Drink small amounts of water and/or electrolytes.

**PREVENTION:** Acclimatization. Drink plenty of water and/or electrolytes. Medical screening, training, and education.

104°F +  
40°C +

