

## The Heat Index

	Environmental Temperature (F°)										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
Relative Humidity	Apparent Temperature (F°)										
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
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°					
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

Apparent Temperature	Heat-stress risk with physical activity and/or prolonged exposure.
90° - 104°	Heat cramps or heat exhaustion possible
105° - 130°	Heat cramps or heat exhaustion likely. Heat stroke possible.
130° and up	Heat stroke very likely.

**Caution:** This chart provides guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. Heat illnesses can occur at lower temperature than indicated on this chart. Exposure to full sunshine can increase values up to 15° F.