

Heat Index Calculation and Cautions

Heat Index (F°)		
Caution	80 - 90	Fatigue possible with prolonged exposure and physical activity.
Extreme Caution	90 - 105	Sunstroke, heat cramps and heat exhaustion possible.
Danger	105-130	Sunstroke, heat cramps and heat exhaustion likely, and heat stroke possible.
Extreme Danger	130 or greater	Heat stroke likely with continued exposure.

Look up intersection of Temperature and Humidity to find approximate Heat Index

Temperature (F°)	Humidity %					
	5%	10%	15%	20%	25%	30%
115°	106	110	115	121	127	134
110°	101	104	108	112	117	122
105°	97	99	102	104	108	112
100°	93	94	96	97	100	102
95°	88	89	91	91	93	94
90°	84	85	86	86	87	88
85°	81	81	82	82	82	83

The **Heat Index** (HI) is the temperature the body feels when heat and humidity are combined. The chart shows the HI that corresponds to the actual air temperature and relative humidity. This chart is based upon shady, light wind conditions.

Exposure to direct sunlight can increase the HI by up to 15°F.

Related sites:

<http://www.hpc.ncep.noaa.gov/html/heatindex.shtml>

The National Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°- 110°F (depending on local climate) for at least 2 consecutive days.