

Heat Index Chart

How to Use This Chart:

1. Along the left side (Ambient Temperature), locate current high temperature.
2. On the top, locate current Relative Humidity.
3. Follow across and down to find the "HEAT INDEX" or "WHAT IT FEELS LIKE".
4. Determine Heat Stress Risk from chart immediately below.

The chart below is an estimate of the likelihood of suffering a heat related illness based on ambient temperature and relative humidity. Other factors such as long sleeved work clothing, direct sunlight and wind speed must be considered when assessing risk.

		% RELATIVE HUMIDITY									
		0 %	10 %	20 %	30 %	40 %	50 %	60 %	70 %	80 %	90 %
A M B I E N T T E M P	120 °F	107	116	130	148						
	115 °F	103	111	120	135	151					
	110 °F	99	105	112	123	137	150				
	105 °F	95	100	105	113	123	135	149			
	100 °F	91	95	99	104	110	120	132	144		
	95 °F	87	90	93	96	101	107	114	124	136	
	90 °F	83	85	87	90	93	96	100	106	113	122
	85 °F	78	80	82	84	86	88	90	93	97	102
	80 °F	73	75	77	78	79	81	82	85	86	88
	75 °F	69	70	72	73	74	75	76	77	78	79
70 °F	64	65	66	67	68	69	70	70	71	71	

Ambient Temp	color code chart	Work/Rest Regimen	Modify with Relative Humidity, Use signs & symptoms color chart
<90 °F	Ambient Temp only	Not Restricted	>60% - <100% (Mild)
90-94 °F	Ambient Temp only	Rest 10 minutes every hour	>70% - <100% (moderate)
95-99 °F	Ambient Temp only	Rest 20 minutes every hour	>50% - <80% (moderate) >80% (severe)
100-104 °F	Ambient Temp only	Rest 30 minutes every hour	>40% - <60% (moderate) >60% (severe)
105-109 °F	Ambient Temp only	Rest 45 minutes per 30 minutes of work	>20% - <50% (moderate) >50% (severe)
≥ 110 °F	Ambient Temp only	Do not work without consulting H&S	

Heat illnesses	Heat illnesses or Disorder	Signs & Symptoms
< 90°	Prickly Heat	• Skin rash caused by heat and humidity. When sweat doesn't evaporate, the sweat ducts become clogged and sweat glands become inflamed.
90° - 104°	Heat Cramps (mild)	• Painful Muscle Spasms occurs primarily in people who sweat profusely in heat without replacing electrolytes losses.
105° - 130°	Heat Exhaustion (moderate)	• Low blood pressure / pulse • Clammy Moist Skin • Weakness and extreme fatigue • Normal or slightly increased body temp Occurs due to dehydration caused by insufficient water and electrolyte intake • Excessive Sweat • Headache • Nausea
> 130°	Heat Stroke (severe)	• Hot, dry skin • Rapidly rising blood pressure • Confusion, delirium • Heavy Breathing • Collapse, loss of consciousness • Convulsions
THIS IS A MEDICAL EMERGENCY. CALL FOR HELP IMMEDIATELY (911)		

U.S. Customary Wind Chill Chart

Estimated Wind Speed in MPH	Actual Thermometer Reading (F)											
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
	Equivalent Temperature (F)											
Calm	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68
10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83	-95
15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99	-112
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-124
25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	-133
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140
35	27	11	-4	-20	-35	-49	-67	-82	-98	-113	-129	-145
40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	-148
(Wind speeds greater than 40 mph have little additional effect)	LITTLE DANGER* (for properly clothed person)				INCREASED DANGER* (for properly clothed person)				GREAT DANGER*			
	*DANGER FROM FREEZING OF EXPOSED FLESH											