

Heat Stress Index

		RELATIVE HUMIDITY								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
TEMPERATURE °F	104	98	104	110	120	132				
	102	97	101	108	117	125				
	100	95	99	105	110	120	132			
	98	93	97	101	106	110	125			
	96	91	95	98	104	108	120	128		
	94	89	93	95	100	105	111	122		
	92	87	90	92	96	100	106	115	122	
	90	85	88	90	92	96	100	106	114	122
	88	82	86	87	89	93	95	100	106	115
	86	80	84	85	87	90	92	96	100	109
	84	78	81	83	85	86	89	91	95	99
	82	77	79	80	81	84	86	89	91	95
	80	75	77	78	79	81	83	85	86	89
	78	72	75	77	78	79	80	81	83	85
	76	70	72	75	76	77	77	77	78	79
	74	68	70	73	74	75	75	75	76	77

NOTE: Add 10°F when protective clothing is worn and add 10°F when in direct sunlight.

HUMITURE °F	DANGER CATEGORY	INJURY THREAT
Below 60°	None	Little or no danger under normal circumstances.
80° - 90°	Caution	Fatigue possible if exposure is prolonged and there is physical activity.
90° - 105°	Extreme Caution	Heat cramps and heat exhaustion possible if exposure is prolonged and there is physical activity.
105° - 130°	Danger	Heat cramps or exhaustion likely, heat stroke possible if exposure is prolonged and there is physical activity.
Above 130°	Extreme Danger	Heat stroke IMMIDENT!