# Heat Index Chart

**Relative Humidity (%)**

| °F | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 110 | 136 | | | | | | | | | | | | |
| 108 | 130 | 137 | | | | | | | | | | | |
| 106 | 124 | 130 | 137 | | | | | | | | | | |
| 104 | 119 | 124 | 131 | 137 | | | | | | | | | |
| 102 | 114 | 119 | 124 | 130 | 137 | | | | | | | | |
| 100 | 109 | 114 | 118 | 124 | 129 | 136 | | | | | | | |
| 98 | 105 | 109 | 113 | 117 | 123 | 128 | 134 | | | | | | |
| 96 | 101 | 104 | 108 | 112 | 116 | 121 | 126 | 132 | | | | | |
| 94 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 129 | 135 | | | |
| 92 | 94 | 96 | 99 | 101 | 105 | 108 | 112 | 116 | 121 | 126 | 131 | | |
| 90 | 91 | 93 | 95 | 97 | 100 | 103 | 106 | 109 | 113 | 117 | 122 | 127 | 132 |
| 88 | 88 | 89 | 91 | 93 | 95 | 98 | 100 | 103 | 106 | 110 | 113 | 117 | 121 |
| 86 | 85 | 87 | 88 | 89 | 91 | 93 | 95 | 97 | 100 | 102 | 105 | 108 | 112 |
| 84 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 94 | 96 | 98 | 100 | 103 |
| 82 | 81 | 82 | 83 | 84 | 84 | 85 | 86 | 88 | 89 | 90 | 91 | 93 | 95 |
| 80 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 86 | 87 |

*Air Temperature*

Heat Index (Apparent Temperature)

**With Prolonged Exposure and/or Physical Activity**

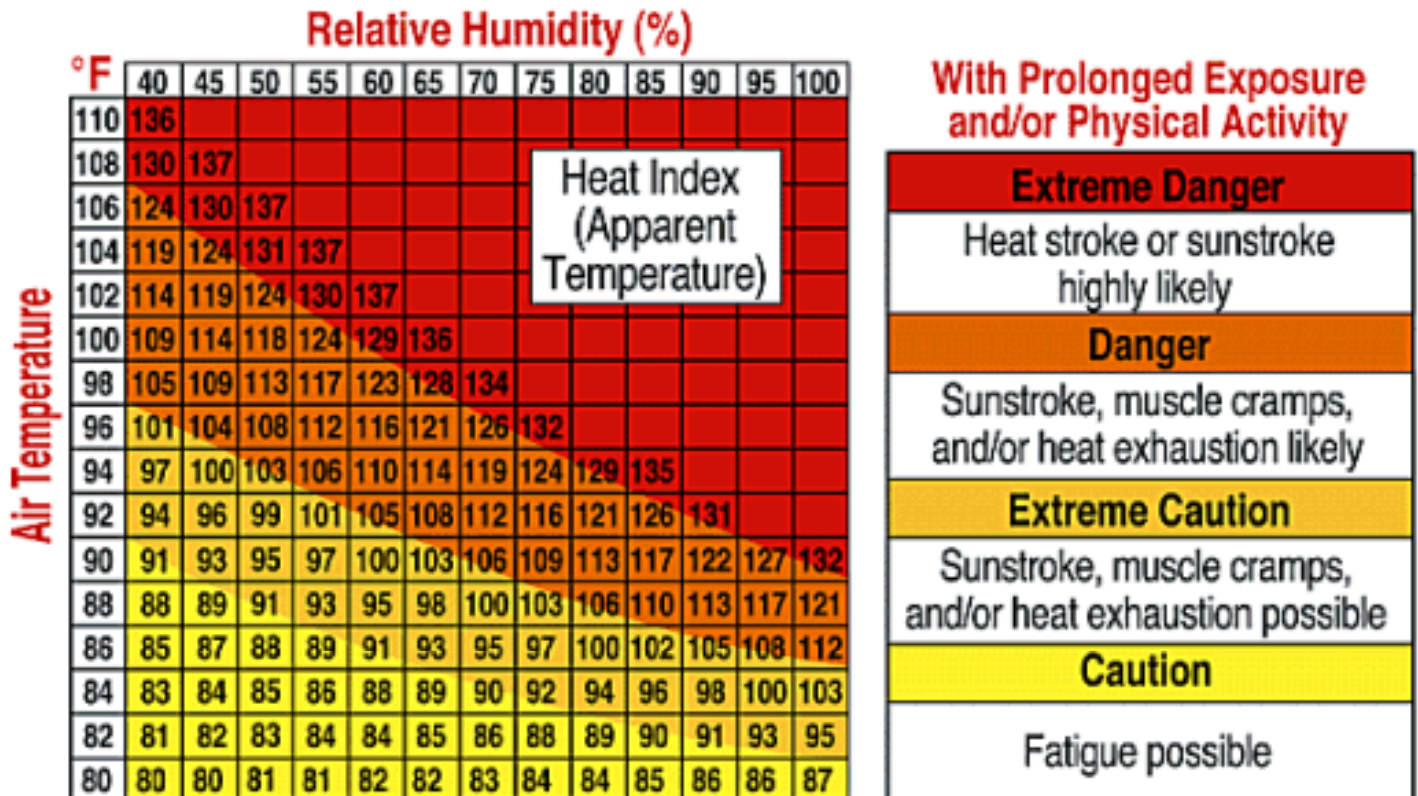| | |
|---|---|
| **Extreme Danger** | Heat stroke or sunstroke highly likely |
| **Danger** | Sunstroke, muscle cramps, and/or heat exhaustion likely |
| **Extreme Caution** | Sunstroke, muscle cramps, and/or heat exhaustion possible |
| **Caution** | Fatigue possible |

On average, about 175 Americans succumb to the taxing demands of heat every year. Our bodies dissipate heat by varying the rate and depth of blood circulation, by losing water through the skin and sweat glands, and as a last resort, by panting, when blood is heated above 98.6°F. Sweating cools the body through evaporation. However, high relative humidity retards evaporation, robbing the body of its ability to cool itself.

When heat gain exceeds the level the body can remove, body temperature begins to rise, and heat related illnesses and disorders may develop.
The Heat Index (HI) is the temperature the body feels when heat and humidity are combined.

The chart above shows the HI that corresponds to the actual air temperature and relative humidity. (NOTE: This chart is based upon shady, light wind conditions. Exposure to direct sunlight can increase the HI by up to 15°F. )
(Due to the nature of the heat index calculation, the values in the tables below have an error of +/- 1.3F.)