

# Heat Stress Index

## HUMIDITY

TEMPERATURE		10%	20%	30%	40%	50%	60%	70%	80%	90%	
	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		

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