

CHART I HEAT INDEX CHART

To find the Heat Index, look at the Heat Index Chart. For example, if the air temperature is 96°F (found on the left side of the table), and the relative humidity is 55% (found at the top of the table), the HI – or how hot it really feels – is 112°F. This is at the intersection of the 96° row and the 55% column.

Important: Since HI values were devised for shady, light wind conditions, **exposure to full sunshine can increase HI values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.**

Note on the charts below any HI above 105°F corresponds to a level of HI that may cause increasingly severe heat disorders with continued exposure and/or physical activity.

		RELATIVE HUMIDITY (%)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
AIR TEMPERATURE	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	110	121	126	132					
	94	97	100	102	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	110	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	

CHART II HEAT INDEX / HEAT DISORDERS

CRITICAL LEVELS	
Heat Index	Possible heat related reactions for all people due to excess heat: *
130°F or higher	Heatstroke/sunstroke highly likely with continued exposure.
105° – 130°F	Sunstroke, heat cramps or heat exhaustion likely , and heatstroke possible with prolonged exposure and/or physical activity.
90° – 105°F	Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.
80° – 90°F	Fatigue possible with prolonged exposure and/or physical activity.

* Students with certain conditions are at a greater risk to heat stress. Included in these (but not limited to) are: cystic fibrosis, vomiting, diarrhea, fever, obesity, diabetes, chronic heart failure, caloric malnutrition, anorexia nervosa, sweating insufficiency syndrome.

Main Resources:

1. Jerry Newton, MD; Richard Adams, MD; Marilyn Marcontel, RN.
The New School Health Handbook
2. NOAA National Weather Service “Heat Wave”
3. Texas Department of Health “TDH Offers Advice for Staying Healthy in Hot Weather”