

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 (%)												
F		40	45	50	55	60	65	70	75	80	85	90	95	100
AIR TEMPERATURE	110													
	108													
	106													
	104													
	102													
	100													
	98													
	96	101	104											
	94	97	100	102										
	92	94	96	99	101									
	90	91	93	95	97	100	103							
	88	88	89	91	93	95	98	100						
	86	85	87	89	91	93	95	97	100	102				
	84	82	84	85	86	88	89	90	92	94	96	98	100	103
	82	80	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	85	86	86	

CHART II HEAT INDEX / HEAT DISORDERS

CRITICAL LEVELS	
Heat Index	Possible heat related reactions for all people due to excess heat: *
	Heatstroke/sunstroke highly likely with continued exposure.
	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.
90° -	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"