

Heat stress index

Relative Humidity (%)	Air Temperature (°F)										
	70	75	80	85	90	95	100	105	110	115	120
Apparent Temperature											
0	64	69	73	78	83	87	91	95	99	103	107
10	65	70	75	80	85	90	95	100	105	111	116
20	66	72	77	82	87	93	99	105	112	120	130
30	67	73	78	84	90	96	104	113	123	135	148
40	68	74	79	86	93	101	110	123	137	151	
50	69	75	81	88	96	107	120	135	150		
60	70	76	82	90	100	114	132	149			
70	70	77	85	93	106	124	144				
80	71	78	86	97	113	136	157				
90	71	79	88	102	122	150	170				
100	72	80	91	108	133	166					
Apparent Temp. (°F)	Danger Category		Injury Threat								
Below 80	None		Little or no danger under normal circumstances								
80–90	Caution		Fatigue possible if exposure is prolonged and there is physical activity								
91–105	Extreme Caution		Heat cramps and heat exhaustion possible if exposure is prolonged and there is physical activity								
106–130	Danger		Heat cramps or exhaustion likely, heat stroke possible if exposure is prolonged and there is physical activity								
Above 130	Extreme Danger		Heat stroke imminent!								
Note: Add 10°F when protective clothing is worn and add 10°F when in direct sunlight. Source: U.S. Fire Administration, FA-114, <i>Emergency Incident Rehabilitation</i> , July 1992.											