Heat Index and Danger Levels for Physical Activity

Check your local weather station for the current temperature and humidity. Use the chart below to determine the heat index (how hot it feels to your body).

Technically, Heat Index is calculable only when air temperature is above 68° F (20° C) because it is a measure of heat stress, which is not significant at lower temperatures. Below 57° F (13.9° C), the Heat Index is equal to outside temperature.

Heat Index (HI):
Relative to normal (20-40%) humidity.

With Prolonged Exposure and/or Physical Activity:			
Caution: Fatigue possible	**Extreme Caution:** Sunstroke, muscle cramps, and/or heat exhaustion possible	**Danger:** Sunstroke, muscle cramps, and/or heat exhaustion likely	**Extreme Danger:** Heat Stroke or Sunstroke likely

Air °F	Relative Humidity %										
	0	10	20	30	40	50	60	70	80	90	100
125	111	123	141								
120	107	116	130	148							
115	103	110	120	134	152						
110	100	105	112	122	136	152					
105	97	100	104	112	121	134	149				
100	94	95	97	102	109	118	129	143			
95	89	90	92	94	99	105	113	123	134		
90	85	86	86	88	91	94	100	106	113	122	132
85	81	82	82	83	84	86	89	93	97	102	107
80	77	78	79	79	80	81	82	83	84	86	87
75	69	70	72	73	74	75	76	77	78	79	80
70	64	65	66	67	68	69	70	70	71	71	72

Exposure to direct sunlight can increase the Heat Index by up to 15°F.
The National Weather Service issues a **heat advisory** for HI values ≥ 105°
They issue a **heat warning** when the HI ≥ 105°F for more than 3 hours per day for 2 consecutive days, or a HI of more than 115°F for any period of time.

Source: NOAA's Heat Index (Apparent Temperature) Chart on their Magazine site and Heat Index Calculator.