REVIEWED

By Chris Tighe at 2:34 pm, May 17, 2017

Heat Safety Heat Watch vs. Warning

Heat Index During a Heat Wave Common Heat Related Illnesses

NWS Heat Index Temperature (°F)																
Г	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131								no	IAA
95	86	93	100	108	117	127										<b>-</b>
100	87	95	103	112	121	132									0	HE SEEDER
		Like	lihood	of He	at Dis	orders	s with	Prolor	nged E	xposı	ire or	Strenu	ious A	ctivity	,	

The Heat Index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature. To find the Heat Index temperature, look at the Heat Index Chart above or check our Heat Index Calculator. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index--how hot it feels--is 121°F. The red area without numbers indicates extreme danger. The National Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°-110°F (depending on local climate) for at least 2 consecutive days.

NWS also offers a <u>Heat Index chart</u> for area with high heat but low relative humidity. Since heat index values were devised for shady, light wind conditions, **exposure to full sunshine can increase heat index values by up to 15°F.** Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.





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