

		RELATIVE HUMIDITY								
		10 %	20%	30%	40%	50%	60%	70%	80%	90%
TEMPERATURE ° F	104°	98	104	110	120	>130	>130	>130	>130	>130
	102°	97	101	108	117	125	>130	>130	>130	>130
	100°	95	99	105	110	120	>130	>130	>130	>130
	98°	93	97	101	106	110	125	>130	>130	>130
	96°	91	95	98	104	108	120	128	>130	>130
	94°	89	93	95	100	105	111	122	128	>130
	92°	87	90	92	96	100	106	115	122	128
	90°	85	88	90	92	96	100	106	114	122
	88°	82	86	87	89	93	95	100	106	115
	86°	80	84	85	87	90	92	96	100	109
	84°	78	81	83	85	86	89	91	95	99
	82°	77	79	80	81	84	86	89	91	95
	80°	75	77	78	79	81	83	85	86	89
	78°	72	75	77	78	79	80	81	83	85
	76°	70	72	75	76	77	77	77	78	79
74°	68	70	73	74	75	75	75	76	77	

Directions: Locate the current temperature on the left column and then locate the relative humidity on the top row. Follow the temperature across and the humidity down until they meet, this measurement is the heat index. The heat index will increase 15 degrees in direct sunlight.

DANGER CATEGORY	APPARENT TEMPERATURE	HEAT SYNDROME
EXTREME DANGER	>130° F	Heatstroke imminent
DANGER	105° - 130° F	Heat cramps , or heat exhaustion likely. Heatstroke possible with prolonged exposure and activity.
EXTREME CAUTION	105° - 130° F	Heat cramps , or heat exhaustion possible with prolonged exposure and activity
CAUTION	80° - 90° F	Fatigue possible.

Note: Degree of heat stress may vary with age and health