

APPENDIX B

GENERAL HEAT STRESS INDEX

From the National Weather Service

General Heat Stress Index										
Danger Category	Apparent Temp. (°F) (Humiture)					Heat Syndrome				
IV. Extreme Danger	>130°					Heatstroke or sunstroke imminent				
III. Danger	105°-130°					Sunstroke, heat cramps, or heat exhaustion likely. Heatstroke possible with prolonged exposure and physical activity				
II. Extreme Caution	90°-105°					Sunstroke, heat cramps, or heat exhaustion possible with prolonged exposure and physical activity.				
I. Caution	80°-90°					Fatigue possible with prolonged exposure and physical activity				
*Note: Degree of heat stress may vary with age, health, and body characteristics										
Relative Humidity										
		10%	20%	30%	40%	50%	60%	70%	80%	90%
Temp °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	

Example: The temperature stands at 94°F and the RH is now 62%. The heat stress temperature is over 111°F, in the **Danger** area