

HEAT INDEX

		Air Temperature (°F)																
		90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	
Relative Humidity (%)	100	131	137	142														
	95	126	131	136	142													
	90	121	126	131	136	141												
	85	117	121	125	130	135	140	145										
	80	113	117	121	125	129	133	138	143									
	75	109	112	116	120	124	128	132	136	140	145							
	70	106	109	112	115	119	122	126	130	134	138	142						
	65	102	105	108	111	114	117	121	124	128	132	136	140	144				
	60	99	102	104	107	110	113	116	119	122	126	129	133	137	140	144		
	55	97	99	101	104	106	109	111	114	117	120	123	127	130	133	137	141	
	50	94	96	98	100	103	105	107	110	113	115	118	121	124	127	130	134	
	45	92	94	96	98	100	102	104	106	108	111	113	116	119	121	124	127	
	40	90	92	94	95	97	99	101	103	105	107	109	111	114	116	119	121	
	35	89	90	92	93	95	96	98	100	102	103	105	107	109	112	114	116	
	30	88	89	90	91	93	94	96	97	99	100	102	104	106	108	109	111	
	25	87	88	89	90	91	93	94	95	97	98	99	101	103	104	106	108	
20	86	87	88	89	90	91	93	94	95	96	97	99	100	101	103	104		
15	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	102		
10	86	87	88	88	89	90	91	92	93	94	95	96	97	98	99	100		
5	86	87	88	89	89	90	91	92	93	93	94	95	96	97	97	98		
0	86	87	88	89	90	91	91	92	93	93	94	95	95	96	97	97		

Apparent Temperature (°F)

- 1
- Very Warm
- 2
- Hot
- 3
- Very Hot
- 4
- Extremely Hot

- 1 - Fatigue possible with prolonged exposure or physical activity.
- 2 - Heat stroke, heat cramps or heat exhaustion possible with prolonged exposure or physical activity.
- 3 - Heat cramps or heat exhaustion likely and heat stroke possible with prolonged exposure and physical activity.
- 4 - Heat stroke highly likely with continued exposure.

Formula (HI = -42.38 + 2.049 T + 10.14 R - .2248 T R - .05482 R² + .001229 T² R + .0008528 T R² - .00000199 T² R²)

Created by N5TIM