APPENDIX D: HEAT INDEX

The Heat Index (hI) or "Apparent Temperature" is the temperature the body feels when heat and humidity are combined. This reduces the amount of evaporation of sweat from the body and outdoor exercise becomes dangerous even for those in good shape.

Heat Index (Apparent Temperature) Chart

Heat Index (Apparent Temperature) Chart RELATIVE HUMIDITY											
	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
70°	64	65	66	67	68	69	70	70	71	71	72
75°	69	70	72	73	74	75	76	77	78	79	80
80°	73	75	77	78	79	81	82	85	86	88	91
85°	78	80	82	84	86	88	90	93	97	102	108
90°	83	85	87	90	93	96	100	106	113	122	+
95°	87	90	93	96	101	107	114	124	136	-	+
100°	91	95	99	104	110	120	132	144	+	+	+
105°	95	100	105	113	123	135	149	+	+	+	+
110°	99	105	112	123	137	150	+	+	Danger Zone		
115°	103	111	120	135	151		+	+			
120°	107	116	130	148		+	+	+			
125°	111	123	141		+	+	+	+			
130°	117	131		+	+	+	+	+			