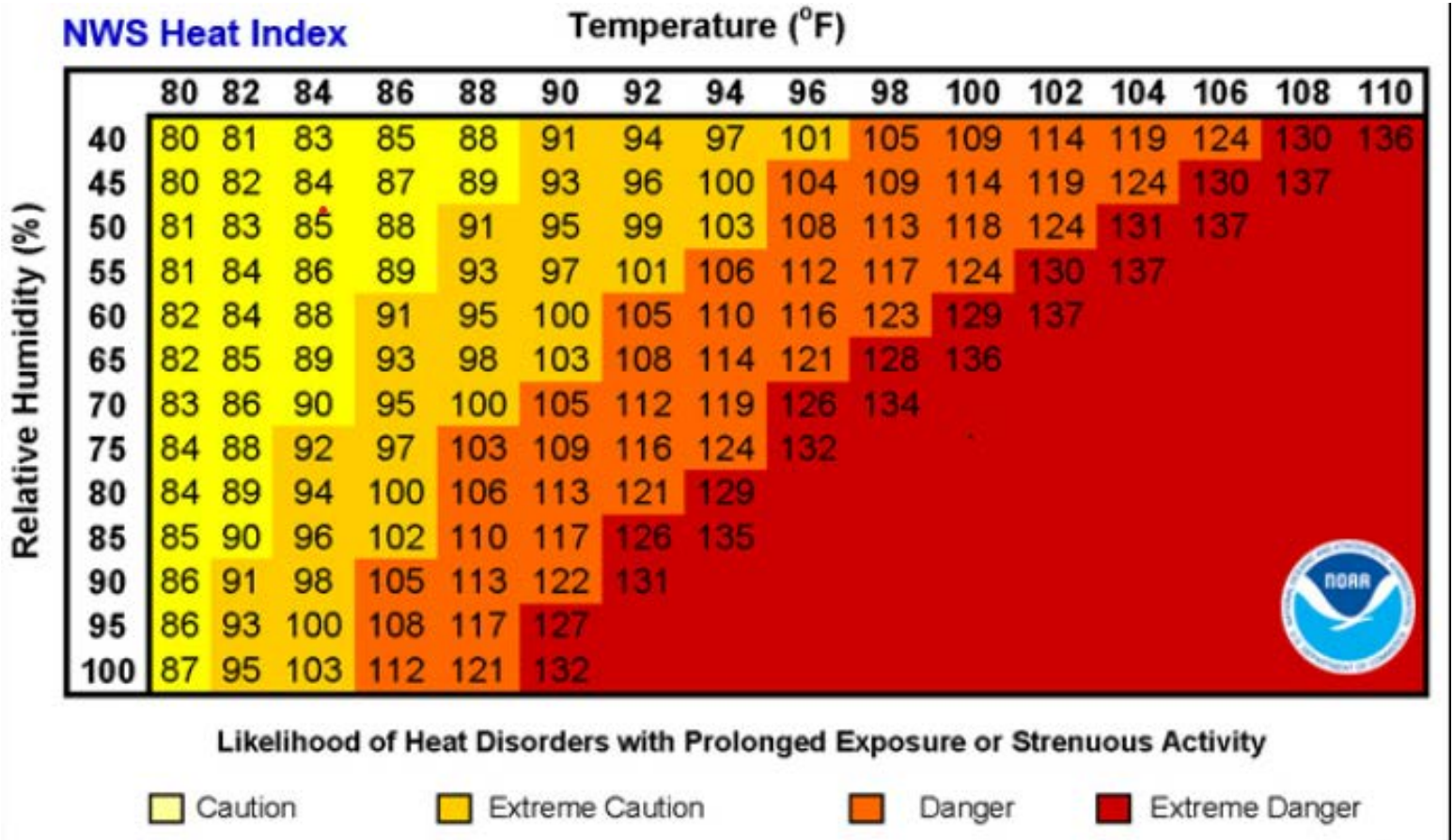


# Heat Index Chart



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