



HEAT INDEX TABLE

Workers can lose up to two gallons of fluid a day, causing fatigue and other heat-related illnesses that result in reduced productivity and lost time. Most workers will drink less than required because thirst is not an adequate indicator of how much essential fluids and electrolytes have been lost. Use electrolyte-replacement beverages when heat and heavy exertion can put workers in danger of dehydration.

Air Temperature*	70	75	80	85	90	95	100	105	110	115	120
Relative Humidity	Apparent Temperature*										
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136	157				
90%	71	79	88	102	122	150	170				
100%	72	80	91	108	133	166					

The index is a measure of the contribution that high humidity makes with abnormally high temperatures in reducing the body's ability to cool itself. For example, the index shows that for an actual air temperature of 100 degrees Fahrenheit and a relative humidity of 50 percent, the effect on the human body would be the same as 120 degrees.

Sunstroke and heat exhaustion are likely when the heat index reaches 150. This index is a measure of what hot weather "feels like" to the average person for various temperatures and relative humidities.

TYPE OF HEAT STRESS	SYMPTOMS	TREATMENT
Heat Fatigue	Impaired motor skills.	1. Move person to the shade or cool area.
Heat Cramps	Painful muscle spasms, sweaty skin.	<ol style="list-style-type: none"> 1. Move person to a reclining position in the shade or cool area. 2. Give the person fluid replacement. (Electrolyte imbalance: too little or too much salt). 3. Stretching muscles may help. Do not massage.
Heat Exhaustion	Headache, nausea, clammy or pale skin, rapid pulse, weakness, thirst and giddiness.	<ol style="list-style-type: none"> 1. Move person to a reclining position in the shade or cool area. 2. Call Campus Safety for emergency help. 3. Give the person fluid replacement. 4. Encourage the person to get adequate rest.
Heat Stroke	Unconsciousness (or, if conscious, confused, staggered walk, agitated), hot dry skin or (rarely) sweating, rapid pulse, body temperature of 105 degrees Fahrenheit or higher.	<ol style="list-style-type: none"> 1. Move person to a reclining position in the shade or cool area. 2. Call Campus Safety for emergency help. 3. If a person is conscious, offer sips of cool water. 4. Fan the person and apply cool towels. 5. Seek medical attention.

GENERAL HEAT STRESS INDEX

Danger Category	Apparent Temperature	Heat Syndrome Degree Fahrenheit
IV. Extreme Danger	Greater than 130	Heatstroke or sunstroke imminent.
III. Danger	105 to 130	Sunstroke, heat cramps, or heat exhaustion likely. Heat stroke possible with prolonged exposure and physical activity.
II. Extreme Caution	90 to 105	Sunstroke, heat cramps, and heat exhaustion possible with prolonged exposure and physical activity.
I. Caution	80 to 90	Fatigue possible with prolonged exposure and physical activity.

Note: Degree of heat stress can vary with age, health, and body characteristics.

The illustrations, instructions and principles contained in the material are general in scope and, to the best of our knowledge, current at the time of publication. No attempt has been made to interpret any referenced codes, standards, or regulations. Please refer to the appropriate code-, standard-, or regulation-making authority for interpretation or clarification.