

Appendix A: Heat index

Heat Index

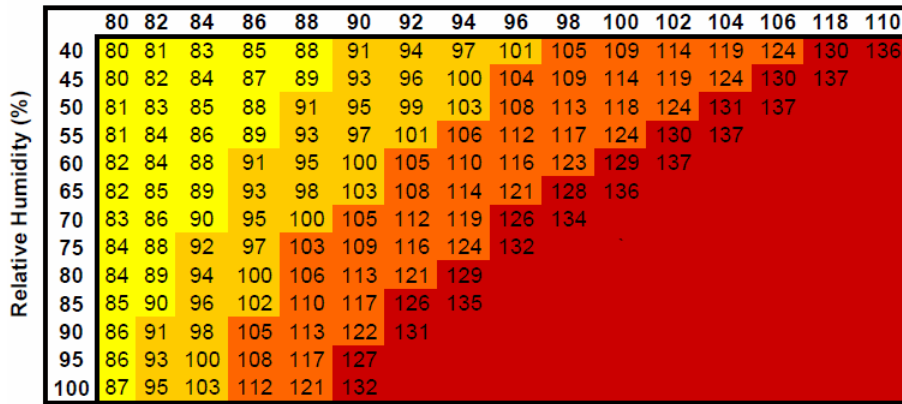
The Heat Index, sometimes referred to as the apparent temperature, is a measure of how hot it feels when relative humidity is factored with the air temperature. Certain ranges of temperatures in the heat index can cause harmful health effects.

To find the apparent temperature (i.e., how hot it feels) for a given temperature and relative humidity, review the Heat Index chart below. As an example, if the air temperature is 94°F and the relative humidity is 65%, the temperature feels like it is 114°F.

NOAA's National Weather Service

Heat Index

Temperature (°F)



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- External Danger

IMPORTANT: Since heat index values were devised for shady, light wind conditions, EXPOSURE TO FULL SUNSHINE CAN INCREASE HEAT INDEX VALUES BY UP TO 15°F. Also, STRONG WINDS, PARTICULARLY WITH VERY HOT, DRY AIR, CAN BE EXTREMELY HAZARDOUS. Image and information from National Oceanic and Atmospheric Administration's National Weather Service: Heat: A Major Killer. Last updated March 23, 2012. Retrieved on April 16, 2012 at: <http://www.nws.noaa.gov/os/heat/index.shtml>

The apparent temperatures in the Heat Index have been classified according to level of danger to human health. Below is a table that shows heat disorders that are related to specific apparent temperatures. (Sunstroke is defined as heatstroke brought about by excessive exposure to the sun.)

Table of heat disorders from exposure to specific apparent temperatures

Danger Category	Possible Heat disorders for people in high risk groups	Heat Index/ Apparent Temperatures
Caution	Fatigue POSSIBLE with prolonged exposure and/or physical activity	80-90°F
Extreme Caution	Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity	90-105°F
Danger	Sunstroke, heat cramps, or heat exhaustion LIKELY , and heatstroke POSSIBLE with prolonged exposure and/or physical activity	105-130°F
Extreme Danger	Heat/sunstroke HIGHLY LIKELY with continued exposure	>130°F

Modified from: <http://www.crh.noaa.gov/dmx/?n=preparessummerindex>