



# Summer 2007



## The Heat is on !

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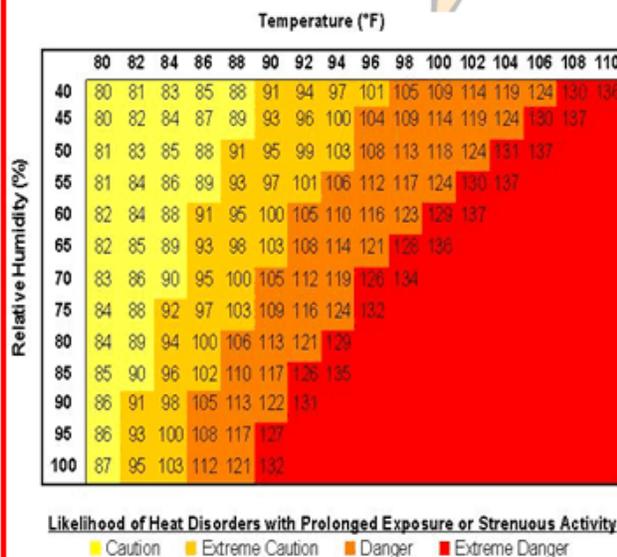
**A** common phrase heard this time of the year is "it's not the heat but the humidity." In the case of the heat index, this indeed rings true.

According to U.S. Natural Hazards Statistics, about 240 heat-related deaths occur every year. Our bodies dissipate heat by varying the rate and depth of blood circulation, by losing water through the skin and sweat glands, and as a last resort, by panting, when blood is heated above 98.6°F. Sweating cools the body through evaporation. However, high relative humidity retards evaporation, robbing the body of its ability to cool itself.

When heat gain exceeds the level the body can remove, body temperature begins to rise, and heat related illnesses and disorders may develop. Heat Index (HI) is defined as the temperature the body feels when both heat and humidity are combined.



The chart at the bottom of the page shows the heat index that corresponds to the actual air temperature and the actual relative humidity. This chart is based upon shady, light wind conditions and exposure to direct sunlight can increase the heat index by up to 15°F. In addition, strong gusty winds, particularly with hot dry air, can be dangerous as well. A level of 105°F and above may cause increasingly severe heat disorders with continued exposure and/or physical activity. This is the level that your NWS will start issuing heat advisories.



Heat Index	Possible Heat Disorder
80-90 F	Fatigue possible with prolonged exposure and physical activity.
90-105 F	Sunstroke, heat cramps and heat exhaustion possible.
105-130 F	Sunstroke, heat cramps and heat exhaustion likely, heat stroke possible.
Over 130 F	Heat stroke likely with continued exposure and minimal physical activity.