# Heat Index Chart

**by temperature (ºF) and relative humidity**

The 'Heat Index' is a measure of how the hot weather "feels" to the body. This table uses relative humidity and air temperature to produce the "apparent temperature" or the temperature the body "feels". These values are for shady locations only. 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 as the wind adds heat to the body.

| Temperature (ºF) \ % | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 126 | 113 | 116 | 119 | 123 | 126 | 130 | 134 | 138 | 142 | 147 | 151 | 156 | 161 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 124 | 112 | 114 | 117 | 120 | 124 | 127 | 130 | 134 | 138 | 142 | 146 | 151 | 155 | 160 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 122 | 110 | 113 | 115 | 118 | 121 | 124 | 127 | 130 | 134 | 138 | 141 | 145 | 150 | 154 | 158 | 163 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 120 | 109 | 111 | 113 | 116 | 118 | 121 | 124 | 127 | 130 | 133 | 137 | 140 | 144 | 148 | 152 | 156 | 161 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 118 | 107 | 109 | 111 | 113 | 116 | 118 | 121 | 123 | 126 | 129 | 132 | 135 | 139 | 142 | 146 | 150 | 154 | 158 | 162 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 116 | 106 | 108 | 109 | 111 | 113 | 115 | 117 | 120 | 122 | 125 | 128 | 131 | 134 | 137 | 140 | 144 | 148 | 151 | 155 | 159 | 164 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 114 | 105 | 106 | 107 | 109 | 111 | 112 | 114 | 117 | 119 | 121 | 124 | 126 | 129 | 132 | 135 | 138 | 141 | 145 | 148 | 152 | 156 | 160 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 112 | 103 | 104 | 105 | 107 | 108 | 110 | 112 | 113 | 115 | 117 | 120 | 122 | 124 | 127 | 130 | 133 | 136 | 139 | 142 | 145 | 149 | 152 | 156 | 160 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 110 | 102 | 103 | 104 | 105 | 106 | 107 | 109 | 110 | 112 | 114 | 116 | 118 | 120 | 122 | 125 | 127 | 130 | 133 | 136 | 139 | 142 | 145 | 149 | 152 | 156 | 159 | 163 | | | | | | | | | | | | | | | | | | | | | | | | |
| 108 | 100 | 101 | 102 | 103 | 104 | 105 | 106 | 107 | 109 | 110 | 112 | 114 | 116 | 118 | 120 | 122 | 125 | 127 | 130 | 133 | 135 | 138 | 141 | 144 | 148 | 151 | 155 | 158 | 162 | | | | | | | | | | | | | | | | | | | | | | |
| 106 | 99 | 99 | 100 | 101 | 101 | 102 | 103 | 105 | 106 | 107 | 109 | 110 | 112 | 114 | 116 | 118 | 120 | 122 | 124 | 127 | 129 | 132 | 135 | 137 | 140 | 143 | 147 | 150 | 153 | 157 | 160 | | | | | | | | | | | | | | | | | | | | |
| 104 | 97 | 98 | 98 | 99 | 99 | 100 | 101 | 102 | 103 | 104 | 105 | 107 | 108 | 110 | 111 | 113 | 115 | 117 | 119 | 121 | 123 | 126 | 128 | 131 | 133 | 136 | 139 | 142 | 145 | 148 | 151 | 154 | 158 | 161 | | | | | | | | | | | | | | | | | |
| 102 | 96 | 96 | 96 | 97 | 97 | 98 | 98 | 99 | 100 | 101 | 102 | 103 | 105 | 106 | 107 | 109 | 110 | 112 | 114 | 116 | 118 | 120 | 122 | 124 | 127 | 129 | 132 | 134 | 137 | 140 | 143 | 146 | 149 | 152 | 155 | 158 | 162 | | | | | | | | | | | | | | |
| 100 | 94 | 94 | 95 | 95 | 95 | 96 | 96 | 97 | 98 | 98 | 99 | 100 | 101 | 102 | 104 | 105 | 106 | 108 | 109 | 111 | 113 | 114 | 116 | 118 | 120 | 123 | 125 | 127 | 130 | 132 | 135 | 137 | 140 | 143 | 146 | 149 | 152 | 155 | 158 | 162 | | | | | | | | | | |
| 98 | 93 | 93 | 93 | 93 | 93 | 94 | 94 | 94 | 95 | 96 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 104 | 105 | 106 | 108 | 109 | 111 | 113 | 115 | 117 | 118 | 121 | 123 | 125 | 127 | 129 | 132 | 134 | 137 | 140 | 142 | 145 | 148 | 151 | 154 | 157 | 160 | | | | | | |
| 96 | 91 | 91 | 91 | 91 | 91 | 92 | 92 | 92 | 93 | 93 | 94 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 105 | 106 | 108 | 109 | 111 | 113 | 114 | 116 | 118 | 120 | 122 | 124 | 126 | 129 | 131 | 133 | 136 | 138 | 141 | 144 | 146 | 149 | 152 | 155 | 158 | 161 | | |
| 94 | 89 | 89 | 89 | 89 | 89 | 90 | 90 | 90 | 90 | 91 | 91 | 92 | 92 | 93 | 94 | 95 | 95 | 96 | 97 | 98 | 99 | 100 | 102 | 103 | 104 | 106 | 107 | 109 | 110 | 112 | 114 | 115 | 117 | 119 | 121 | 123 | 125 | 127 | 129 | 132 | 134 | 136 | 139 | 141 | 144 | 147 | 149 | 152 | 155 |
| 92 | 88 | 88 | 88 | 88 | 88 | 88 | 88 | 88 | 88 | 89 | 89 | 89 | 89 | 90 | 91 | 92 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 105 | 106 | 108 | 109 | 111 | 112 | 114 | 116 | 117 | 119 | 121 | 123 | 125 | 127 | 129 | 131 | 134 | 136 | 138 | 140 | 143 |
| 90 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 86 | 87 | 87 | 87 | 88 | 88 | 88 | 89 | 89 | 90 | 91 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 105 | 106 | 107 | 109 | 110 | 112 | 113 | 115 | 117 | 118 | 120 | 122 | 124 | 126 | 128 | 130 | 132 |
| 88 | 85 | 85 | 85 | 85 | 85 | 85 | 85 | 85 | 85 | 85 | 85 | 85 | 85 | 86 | 86 | 87 | 87 | 87 | 88 | 89 | 89 | 90 | 90 | 91 | 92 | 93 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 103 | 104 | 105 | 106 | 108 | 109 | 110 | 112 | 113 | 115 | 116 | 118 | 120 | 121 |
| 86 | 83 | 83 | 83 | 83 | 83 | 83 | 83 | 83 | 83 | 83 | 83 | 83 | 84 | 84 | 84 | 84 | 85 | 85 | 85 | 86 | 86 | 87 | 87 | 88 | 89 | 89 | 90 | 90 | 91 | 92 | 93 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 104 | 105 | 107 | 108 | 109 | 110 | 112 |
| 84 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 82 | 82 | 82 | 82 | 82 | 83 | 83 | 83 | 83 | 84 | 84 | 84 | 85 | 85 | 86 | 86 | 87 | 87 | 88 | 88 | 89 | 89 | 90 | 91 | 91 | 92 | 93 | 93 | 94 | 95 | 96 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 |
| 82 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 81 | 81 | 81 | 81 | 81 | 82 | 82 | 89 | 82 | 83 | 83 | 83 | 83 | 84 | 84 | 84 | 85 | 85 | 86 | 86 | 86 | 87 | 87 | 88 | 88 | 89 | 89 | 90 | 90 | 91 | 92 | 92 | 93 | 93 | 94 | 95 |
| 80 | 78 | 78 | 78 | 78 | 78 | 78 | 78 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 81 | 81 | 81 | 81 | 81 | 82 | 82 | 82 | 82 | 82 | 83 | 83 | 83 | 83 | 84 | 84 | 84 | 85 | 85 | 85 | 85 | 86 | 86 | 86 | 87 | 87 | 87 |
| 78 | 76 | 76 | 77 | 77 | 77 | 77 | 77 | 77 | 77 | 78 | 78 | 78 | 78 | 78 | 78 | 78 | 78 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 81 | 81 | 81 | 81 | 81 |
| 76 | 73 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 75 | 75 | 75 | 75 | 75 | 75 | 75 | 75 | 75 | 75 | 75 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 77 | 77 | 77 | 77 | 77 | 77 | 77 | 77 | 77 | 77 | 78 | 78 | 78 | 78 | 78 | 78 |

| Catagory | Classification | Heat Index/Apparent Temperature | General Affect on People in High Risk Groups |
|---|---|---|---|
| IV | Extremely Hot | ≥ 130°F | Heat/Sunstroke HIGHLY LIKELY with continued exposure |
| III | Very Hot | 105°F - 129°F | Sunstroke, heat cramps, or heat exhaustion LIKELY, and heatstroke POSSIBLE with prolonged exposure and/or physical activity |
| II | Hot | 90°F - 104°F | Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity |
| I | Very Warm | 80°F - 89°F | Fatigue POSSIBLE with prolonged exposure and/or physical activity |

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