Heat Index Chart

by Temperature (ºF) and Relative Humidity (%)

The 'Heat Index' is a measure of how 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.

Relative Humidity (%)

%	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	166	171	177	182																																			126
124	112	114	117	120	123	127	130	134	138	142	146	151	155	160	165	170	175	180																																		124
122	110	113	115	118	121	124	127	130	134	138	141	145	150	154	158	163	168	173	178	183																																122
120	109	111	113	116	118	121	124	127	130	133	137	140	144	148	152	156	161	165	170	175	180																															120
118	107	109	111	113	116	118	121	123	126	129	132	135	139	142	146	150	154	158	162	167	171	176	181																													118
116	106	108	109	111	113	115	117	120	122	125	128	131	134	137	140	144	148	151	155	159	164	168	172	177	182																											116
114	105	106	107	109	111	112	114	117	119	121	124	126	129	132	135	138	141	145	148	152	156	160	164	168	173	177	182																									114
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	164	168	172	177	181																							112
110	101	102	103	104	106	107	109	110	112	114	116	118	120	122	125	127	130	133	136	139	142	145	149	152	156	159	163	167	171	175	180																						110
108	99	100	101	102	103	105	106	107	109	110	112	114	116	118	120	122	125	127	130	132	135	138	141	144	148	151	155	158	162	166	170	174	178	182																			108
106	97	98	99	100	101	102	103	105	106	107	109	110	112	114	116	118	120	122	124	127	129	132	135	137	140	143	146	150	153	157	160	164	168	172	176	180																106
104	96	96	97	98	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	165	169	173	176	181												104
102	94	95	95	96	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	165	169	173	177	180								102
100	92	93	93	94	95	96	96	97	97	98	99	100	101	102	104	105	106	108	109	111	113	114	116	118	120	123	125	127	129	132	135	137	140	143	146	149	152	155	158	162	165	168	172	176	179	183				100
98	91	91	92	92	93	93	94	94	95	96	96	97	98	99	100	101	102	104	105	106	108	109	111	113	115	116	118	120	123	125	127	129	132	134	137	140	142	145	148	151	154	157	160	164	167	170	174	177	181	98
96	89	89	90	90	91	91	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	164	168	96
94	87	88	88	89	89	90	90	90	90	91	91	92	92	93	94	94	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	94
92	86	86	86	87	87	88	88	88	88	89	89	89	90	90	91	92	92	93	94	95	96	96	98	99	100	101	102	103	105	106	108	109	111	112	114	116	117	119	121	123	125	127	129	131	133	136	138	140	143	92
90	84	85	85	85	86	86	86	86	86	87	87	87	88	88	88	89	89	90	91	91	92	93	94	95	96	96	98	99	100	101	102	103	105	106	107	109	110	112	113	115	117	118	120	122	124	126	128	130	132	90
88	83	83	83	84	84	84	84	84	85	85	85	85	85	86	86	86	87	87	88	88	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	88
86	81	82	82	82	82	83	83	83	83	83	83	83	84	84	84	84	85	85	85	86	86	87	87	88	88	89	90	90	91	92	93	93	94	95	96	97	98	99	100	101	102	103	104	105	107	108	109	110	112	86
84	80	80	80	81	81	81	81	81	81	81	82	82	82	82	82	82	83	83	83	84	84	84	85	85	86	86	86	87	88	88	89	89	90	90	91	92	93	93	94	95	96	96	97	98	99	100	101	102	104	84
82	79	79	79	79	79	80	80	80	80	80	80	80	80	80	81	81	81	81	81	82	82	82	83	83	83	83	84	84	84	85	85	86	86	86	87	87	88	88	89	89	90	90	91	92	93	94	94	95	96	82
80	78	78	78	78	78	78	78	79	79	79	79	79	79	79	79	79	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	86	86	87	88	88	89	89	80
78	76	76	76	76	76	76	76	76	76	77	77	77	77	77	77	77	77	77	77	77	78	78	78	78	78	78	78	78	78	78	79	79	79	79	79	79	80	80	80	80	80	80	80	80	81	81	81	81	81	78
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	77	77	77	77	77	77	77	77	78	78	78	78	78	78				76
%	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	%

Relative Humidity (%)

Temperature (°F)

Category	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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www.srh.noaa.gov/srh/jetstream/global/hi.htm