

Heat Stress Index

click here for (F°)		RELATIVE HUMIDITY (%)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
T E M P E R A T U R E (C°)	27	27	27	27	27	28	28	28	29	29	29	30	30	31
	28	28	28	28	29	29	29	30	31	32	32	33	34	35
	29	29	29	29	30	31	32	32	33	34	36	37	38	39
	30	30	31	31	32	33	34	35	36	38	39	41	42	44
	31	31	32	33	34	35	37	38	39	41	43	45	47	49
	32	33	33	35	36	38	39	41	43	45	47	50	53	56
	33	34	36	37	38	41	42	44	47	49	52	55	58	
	34	36	38	39	41	43	46	48	51	54	57			
	36	38	40	42	44	47	49	52	56					
	37	41	43	45	47	51	53	57						
	38	43	46	48	51	54								
	39	46	48	51	54									
	40	48	51	55										
	41	51	54											
42	54													
43	58													

Caution	Extreme Caution	Danger	Extreme Danger
Fatigue possible	Sunstroke, muscle cramps, and/or heat exhaustion possible	Sunstroke, muscle cramps, and/or heat exhaustion likely	Heat stroke or sunstroke likely