

Heat Index Chart

This heat index chart provides general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be noted that heat illness can occur at lower temperatures than indicated on the chart.

1. Across the top of the chart, locate the "Relative Humidity."
2. Down the left side of the chart, locate the "Air Temperature."
3. Follow across and down to find the "Apparent Temperature." Apparent Temperature is the combined index of heat and humidity. It is an index of the body's sensation of heat caused by the temperature and humidity.

Source: National Oceanic & Atmospheric Administration

Air Temperature	Relative Humidity												
	40	45	50	55	60	65	70	75	80	85	90	95	100
80°	80	80	81	81	82	82	83	84	84	85	86	86	87
82°	81	82	83	84	84	85	86	88	89	90	91	93	95
84°	83	84	85	86	88	89	90	92	94	96	98	100	103
86°	85	87	88	89	91	93	95	97	100	102	105	108	112
88°	88	89	91	93	95	98	100	103	106	110	113	117	121
90°	91	93	95	97	100	103	105	109	113	117	122	127	132
92°	94	96	99	101	105	108	112	116	121	126	131		
94°	97	100	103	106	110	114	119	124	129	135			
96°	101	104	108	112	116	121	126	132					
98°	105	109	113	117	123	128	134						
100°	109	114	118	124	129	136							
102°	114	119	124	130	137								
104°	119	124	131	137									
106°	124	130	137										
108°	130	137											
110°	136												

Practice Guidelines (Applies to both indoor and outdoor activities)

Apparent Temperature	Practice Status
Under 95°F	<ul style="list-style-type: none"> • Water breaks every 20-30 minutes • Ice down towels for cooling
95°-99°F	<ul style="list-style-type: none"> • Water breaks every 15-20 minutes • Remove helmets frequently • Protective gear worn only during contact drills
100°-104°	<ul style="list-style-type: none"> • Water breaks every 10 minutes • No equipment • Total practice time <90 minutes
Above 104°	<ul style="list-style-type: none"> • NO PRACTICE

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