

# Heat Index Chart

by Temperature and Dewpoint (°F)

The 'Heat Index' is a measure of how hot weather "feels" to the body. This table uses the dew point 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.

Dewpoint (°F)

		Dewpoint (°F)																							
		42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88
126	109	109	110	110	110	111	111	111	111	111	111	111	111	111	111	111	111	111	111	111	111	111	111	111	111
124	108	108	109	109	109	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110
122	107	107	108	108	108	109	109	109	109	109	109	109	109	109	109	109	109	109	109	109	109	109	109	109	109
120	106	107	107	107	108	108	108	109	109	109	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110
118	105	106	106	106	107	107	107	108	108	108	109	109	109	109	109	109	109	109	109	109	109	109	109	109	109
116	105	105	105	105	105	105	106	106	106	106	107	107	107	107	107	107	107	107	107	107	107	107	107	107	107
114	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103	103
112	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102
110	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
108	98	98	98	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99
106	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97
104	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95
102	93	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94
100	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92
98	90	90	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91	91
96	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89	89
94	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87
92	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86
90	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84
88	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83
86	81	81	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82
84	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80
82	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79
80	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78
78	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76
76	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74

Temperature (°F)

Dewpoint (°F)

<p><b>≥ 130°F</b> <b>Extremely Hot</b> Heat/Sunstroke <b>HIGHLY LIKELY</b> with continued exposure.</p>	<p><b>105°F - 129°F</b> <b>Very Hot</b> Sunstroke, heat cramps, or heat exhaustion <b>LIKELY</b>, and heatstroke <b>POSSIBLE</b> with prolonged exposure and/or physical activity.</p>	<p><b>90°F - 104°F</b> <b>Hot</b> Sunstroke, heat cramps, or heat exhaustion <b>POSSIBLE</b> with prolonged exposure and/or physical activity.</p>	<p><b>80°F - 89°F</b> <b>Very Warm</b> Fatigue <b>POSSIBLE</b> with prolonged exposure and/or physical activity.</p>
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