Heat Index Chart

by temperature (°F) 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.

%	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																																						126
124	112	114	117	120	124	127	130	134	138	142	146	151	155	160																																						124
122	110	113	115	118	121	124	127	130	134	138	141	145	150	154	158	163																																				122
120	109	111	113	116	118	121	124	127	130	133	137	140	144	148	152	156	161																																			120
118	107	109	111	113	116	118	121	123	126	129	132	135	139	142	146	150	154	158	162																																	118
116	106	108	109	111	113	115	117	120	122	125	128	131	134	137	140	144	148	151	155	159	164																															116
114	105	106	107	109	111	112	114	117	119	121	124	126	129	132	135	138	141	145	148	152	156	160																														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																												112
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																								110
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																							108
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																						106
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																				104
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															102
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										100
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							98
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			96
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	94
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	92
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	90
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	88
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	86
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	84
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	82
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	80
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	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	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	%

Temperature (°F)

Temperature (°F)

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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