

Figure 1. Heat Index

This chart is titled National Weather Service Heat Index in blue text in the upper left corner. It has the x-axis on top, which denotes temperature in degrees Fahrenheit going from 80 on the left to 110 on the right in increments of two. The y-axis, on the left axis, denotes relative humidity in percent going from 40 on top to 100 on the bottom in increments of 5. There are also different colors to denote the likelihood of heat disorders with prolonged or strenuous activity. Light yellow is caution, dark yellow is extreme caution, orange is danger, and red is extreme danger. There is also a logo for the National Oceanic and Atmospheric Administration (NOAA).

The following information on how temperature and heat interact is displayed in the chart:

Relative Humidity (percentage)	Temperature (Fahrenheit)	Likelihood of heat disorders with prolonged exposure or strenuous activity
40	80	Caution
45	80	Caution
50	80	Caution
55	80	Caution
60	80	Caution
65	80	Caution
70	80	Caution
75	80	Caution
80	80	Caution
85	80	Caution
90	80	Caution
95	80	Caution
100	80	Caution
40	82	Caution
45	82	Caution
50	82	Caution
55	82	Caution
60	82	Caution
65	82	Caution
70	82	Caution
75	82	Caution
80	82	Caution
85	82	Caution
90	82	Extreme caution
95	82	Extreme caution

100	82	Extreme caution
40	84	Caution
45	84	Caution
50	84	Caution
55	84	Caution
60	84	Caution
65	84	Caution
70	84	Caution
75	84	Extreme caution
80	84	Extreme caution
85	84	Extreme caution
90	84	Extreme caution
95	84	Extreme caution
100	84	Extreme caution
40	86	Caution
45	86	Caution
50	86	Caution
55	86	Caution
60	86	Extreme caution
65	86	Extreme caution
70	86	Extreme caution
75	86	Extreme caution
80	86	Extreme caution
85	86	Extreme caution
90	86	Danger
95	86	Danger
100	86	Danger
40	88	Caution
45	88	Caution
50	88	Extreme caution

55	88	Extreme caution
60	88	Extreme caution
65	88	Extreme caution
70	88	Extreme caution
75	88	Danger
80	88	Danger
85	88	Danger
90	88	Danger
95	88	Danger
100	88	Danger
40	90	Extreme caution
45	90	Extreme caution
50	90	Extreme caution
55	90	Extreme caution
60	90	Extreme caution
65	90	Extreme caution
70	90	Extreme caution
75	90	Danger
80	90	Danger
85	90	Danger
90	90	Danger
95	90	Extreme Danger
100	90	Extreme Danger
40	92	Extreme caution
45	92	Extreme caution
50	92	Extreme caution
55	92	Extreme caution
60	92	Danger

65	92	Danger
70	92	Danger
75	92	Danger
80	92	Danger
85	92	Extreme Danger
90	92	Extreme Danger
95	92	Extreme Danger
100	92	Extreme Danger
40	94	Extreme caution
45	94	Extreme caution
50	94	Extreme caution
55	94	Danger
60	94	Danger
65	94	Danger
70	94	Danger
75	94	Danger
80	94	Extreme Danger
85	94	Extreme Danger
90	94	Extreme Danger
95	94	Extreme Danger
100	94	Extreme Danger
40	96	Extreme caution
45	96	Danger
50	96	Danger
55	96	Danger
60	96	Danger
65	96	Danger
70	96	Extreme Danger
75	96	Extreme Danger

80	96	Extreme Danger
85	96	Extreme Danger
90	96	Extreme Danger
95	96	Extreme Danger
100	96	Extreme Danger
40	98	Danger
45	98	Danger
50	98	Danger
55	98	Danger
60	98	Danger
65	98	Extreme Danger
70	98	Extreme Danger
75	98	Extreme Danger
80	98	Extreme Danger
85	98	Extreme Danger
90	98	Extreme Danger
95	98	Extreme Danger
100	98	Extreme Danger
40	100	Danger
45	100	Danger
50	100	Danger
55	100	Danger
60	100	Extreme Danger
65	100	Extreme Danger
70	100	Extreme Danger
75	100	Extreme Danger
80	100	Extreme Danger

85	100	Extreme Danger
90	100	Extreme Danger
95	100	Extreme Danger
100	100	Extreme Danger
40	102	Danger
45	102	Danger
50	102	Danger
55	102	Extreme Danger
60	102	Extreme Danger
65	102	Extreme Danger
70	102	Extreme Danger
75	102	Extreme Danger
80	102	Extreme Danger
85	102	Extreme Danger
90	102	Extreme Danger
95	102	Extreme Danger
100	102	Extreme Danger
40	104	Danger
45	104	Danger
50	104	Extreme Danger
55	104	Extreme Danger
60	104	Extreme Danger
65	104	Extreme Danger
70	104	Extreme Danger
75	104	Extreme Danger

80	104	Extreme Danger
85	104	Extreme Danger
90	104	Extreme Danger
95	104	Extreme Danger
100	104	Extreme Danger
40	106	Danger
45	106	Extreme Danger
50	106	Extreme Danger
55	106	Extreme Danger
60	106	Extreme Danger
65	106	Extreme Danger
70	106	Extreme Danger
75	106	Extreme Danger
80	106	Extreme Danger
85	106	Extreme Danger
90	106	Extreme Danger
95	106	Extreme Danger
100	106	Extreme Danger
40	108	Extreme Danger
45	108	Extreme Danger
50	108	Extreme Danger
55	108	Extreme Danger
60	108	Extreme Danger
65	108	Extreme Danger

70	108	Extreme Danger
75	108	Extreme Danger
80	108	Extreme Danger
85	108	Extreme Danger
90	108	Extreme Danger
95	108	Extreme Danger
100	108	Extreme Danger
40	110	Extreme Danger
45	110	Extreme Danger
50	110	Extreme Danger
55	110	Extreme Danger
60	110	Extreme Danger
65	110	Extreme Danger
70	110	Extreme Danger
75	110	Extreme Danger
80	110	Extreme Danger
85	110	Extreme Danger
90	110	Extreme Danger
95	110	Extreme Danger
100	110	Extreme Danger