

# Heat Index Chart

Celsius degree temperature and % relative humidity



Heat index is a measurement of how hot the weather feels to your body. The table below 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 up to 1 degree Celsius. Strong winds with very hot dry air can be extremely hazardous as the wind can add heat to the body.

Across Top - Relative Humidity (locate today's predicted humidity)

Down Left Side - Air Temperature Degree Celsius (Locate today's high temperature)

Follow across and down to find "Apparent Temperature" or "what it feels like"

	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
42°	48	50	52	55	57	59	62	64	66	68	71	73	75	77	80	82
41°	46	48	51	53	55	57	59	61	64	66	68	70	72	74	76	79
40°	45	47	49	51	53	55	57	59	61	63	65	67	69	71	73	75
39°	43	45	47	49	51	53	55	57	59	61	63	65	66	68	70	72
38°	42	44	45	47	49	51	53	55	56	58	60	62	64	66	67	69
37°	40	42	44	45	47	49	51	52	54	56	58	59	61	63	65	66
36°	39	40	42	44	45	47	49	50	52	54	55	57	59	60	62	63
35°	37	39	40	42	44	45	47	48	50	51	53	54	56	58	59	61
34°	36	37	39	40	42	43	45	46	48	49	51	52	54	55	57	58
33°	34	36	37	39	40	41	43	44	46	47	48	50	51	53	54	55
32°	33	34	36	37	38	40	41	42	44	45	46	48	49	50	52	53
31°	32	33	34	35	37	38	39	40	42	43	44	45	47	48	49	50
30°	30	32	33	34	35	36	37	39	40	41	42	43	45	46	47	48
29°	29	30	31	32	33	35	36	37	38	39	40	41	42	43	45	46
28°	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
27°	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
26°	26	26	27	28	29	30	31	32	33	34	34	35	36	37	38	39
25°	25	25	26	27	27	28	29	30	31	32	33	34	34	35	36	37
24°	24	24	24	25	26	27	28	28	29	30	31	32	33	33	34	35
23°	23	23	23	24	25	25	26	27	28	28	29	30	31	32	32	33
22°	22	22	22	22	23	24	25	25	26	27	27	28	29	30	30	31

CATEGORY	CLASSIFICATION	HEAT INDEX APPARENT TEMPERATURE	GENERAL AFFECT ON PEOPLE IN HIGH RISK GROUPS
IV	Extremely Hot	≥ 54 C	Heat & Sun Stroke is <b>HIGHLY LIKELY</b> with continued exposure
III	Very Hot	46 - 53 C	Sun Stroke, Heat Cramps, or Heat Exhaustion are <b>LIKELY</b> and Heat Stroke is <b>POSSIBLE</b> with prolonged exposure and/or physical activity
II	Hot	39 - 53 C	Sun Stroke, Heat Cramps, or Heat Exhaustion <b>POSSIBLE</b> with prolonged exposure and/or physical activity
I	Very Warm	35 - 39 C	Fatigue <b>POSSIBLE</b> with prolonged exposure and/or physical activity

## H.E.A.T.

**Hydrate**

**Educate yourself**

**Act quickly when illness is suspected**

**Take it easy**

