

HEAT INDEX (°F)

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

CATEGORY	HEAT INDEX	POSSIBLE HEAT DISORDERS	CONTROLS
Extreme Danger	130°F or greater	Heat stroke or sunstroke highly likely with continued exposure	Seek Medical Attention
Danger	105 - 129°F	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity	Seek Medical Attention
Extreme Caution	90 - 105°F	Sunstroke, muscle cramps and/or heat exhaustion possible with prolonged exposure and/or physical activity	Buddy System & Direct Observation
Caution	80 - 90°F	Fatigue possible with prolonged exposure and/or physical activity	Heightened Awareness

HEAT STRESS EXPOSURE

CATEGORY	HEAT INDEX	REQUIRED COOL WATER INTAKE	REQUIRED WORK / REST MINUTES	REQUIRED WORK CONTROLS
I Caution	80 - 90°F	16 oz / Hour (8oz /30 min)	10 Minute Breaks Recommended 10, 2, & 4 (Every two hours)	Address Heat Hazards in JSA.
II Extreme Caution	90 - 105°F	32 oz / Hour (8 oz / 16 min)	50/10	<ol style="list-style-type: none"> 1. Review Heat Hazards 2. Drink required amount of water each hour during the workday for conditions. 3. Cooling Area provided 4. Periodic Supervisor Contact (Face to Face preferred) 5. Use Buddy System
III Danger	106 - 129°F	48 oz / Hour (8 oz / 10 min)	45/15	<ol style="list-style-type: none"> 1. Review Heat Hazards 2. Drink required amount of water each hour during the workday for conditions. 3. Cooling Area provided 4. Periodic Supervisor Contact (Face to Face preferred) 5. Re-evaluate current work activities 6. Use Buddy System 7. Consult with immediate Supervisors to Evaluate Worksite Heat Exposure Limits
IV Extreme Danger	Above 130°F	<p>STOP all Heavy Work Activities</p> <p>Consult with Immediate Supervisor and/or HSE to Evaluate Worksite Heat Exposure Limits</p>		