



Heat Safety and Heat Index

Summer heat kills more people each year than floods, lightning, tornadoes, and hurricanes. The only deadlier weather condition is the cold of winter.

A heat wave is usually defined as three consecutive days with high temperatures above 90 degrees Fahrenheit. Though days of heat can take their toll on our reserves, even a single day of hot weather can be dangerous if we try to do too much or are confined to an area that becomes too hot.

Hot weather feels even hotter when it's humid. Moisture in the air prevents perspiration from evaporating, which is how the body cools itself. Below is the Heat Index Chart, which shows how hot the weather feels to your body as the relative humidity (RH) rises.

RH (%)	Temperature (° F)															
	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
90	119	123	128	132	137	141	146	152	157	163	168	174	180	186	193	199
85	115	119	123	127	132	136	141	145	150	155	161	166	172	178	184	190
80	112	115	119	123	127	131	135	140	144	149	154	159	164	169	175	180
75	109	112	115	119	122	126	130	134	138	143	147	152	156	161	166	171
70	106	109	112	115	118	122	125	129	133	137	141	145	149	154	158	163
65	103	106	108	111	114	117	121	124	127	131	135	139	143	147	151	155
60	100	103	105	108	111	114	116	120	123	126	129	133	136	140	144	148
55	98	100	103	105	107	110	113	115	118	121	124	127	131	134	137	141
50	96	98	100	102	104	107	109	112	114	117	119	122	125	128	131	135
45	94	96	98	100	102	104	106	108	110	113	115	118	120	123	126	129
40	92	94	96	97	99	101	103	105	107	109	111	113	116	118	121	123
35	91	92	94	95	97	98	100	102	104	106	107	109	112	114	116	118
30	89	90	92	93	95	96	98	99	101	102	104	106	108	110	112	114

Note: Exposure to direct sunlight can increase heat index values up to 15° F

Effects of the Heat:

- 80 to 90 degrees Fatigue possible with prolonged exposure and/or physical activity.
- 90 to 105 degrees Sunstroke, heat cramps, and/or heat exhaustion possible with prolonged exposure and or physical activity.
- 105 to 130 degrees Sunstroke, heat cramps, and/or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity.
- 130 degrees and higher Heat stroke/sunstroke highly likely with continued exposure.

Beating the Heat

- The most obvious: Stay indoors or out of the sun. Run air-conditioning, or fans if they cool the air (circulating a hot breeze can be worse than no breeze). Otherwise enjoy public, air-conditioned places such as shopping malls.
- Drink more water or juice. Avoid drinks with caffeine, carbonation. Also avoid alcohol, which dries you out and reduces your ability to recognize signs of heat stress.
- Eat less protein and other foods that increase your metabolism.
- Wear light-colored, loose-fitting clothes.
- Avoid strenuous activity including running, bicycling, and yard work.
- Check on the elderly, who are most susceptible to heat stress.
- Check on children, who may be too young-- or simply having too much fun-- to recognize the signs of heat stress.

What to Do

- **Heat Cramps**
What it is: Painful spasms, typically in the legs or abdomen.
What to do: Apply firm pressure to cramping muscles, or gently massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water.
- **Heat Exhaustion**
What it is: Heavy sweating, weakness, skin cold, pale, and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.
What to do: Get victim out of the sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan, or move victim to air-conditioned room. Give sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.
- **Heat Stroke/Sunstroke**
What it is: High body temperature (106 degrees F or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.
What to do: Heat stroke is a SEVERE MEDICAL EMERGENCY. Get emergency medical assistance or get the victim to a hospital IMMEDIATELY. Delay can be fatal. Until you can get medical help, move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air-conditioners. If temperature rises again, repeat process. Do NOT give fluids.