

Heat Index Chart

MOBILE IC AOR

How to use: Find the temperature on the left-hand side, then move to the right and find the relative humidity value on the top. Where the two columns meet is the Heat Index value. *Example: A temperature of 95° and relative humidity of 50% will “feel like” a Heat Index of 107°.*

Add up to 15° in direct sun with no available shade.

		R	E	L	A	L	A	T	I	V	E		H	U	M	I	D	I	T	Y		%
		0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
T	140	125																				
E	135	120	128																			
M	130	117	122	131																		
P	125	111	116	123	131	141																
E	120	107	111	116	123	130	139	148														
R	115	103	107	111	115	120	127	135	143	151												
A	110	99	102	105	108	112	117	123	130	137	143	150										
T	105	95	97	100	102	105	109	113	118	123	129	135	142	149								
U	100	91	93	95	97	99	101	104	107	110	115	120	126	132	138	144						
R	95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
E	90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
	85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
°F	80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
	75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
	70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	71	72

Heat Category / Flag Color:
(See reverse side)

1 White Flag Low Risk	2 Green Flag Caution	3 Yellow Flag Extreme Caution	4 Red Flag Risk	5 Black Flag High Risk
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REVISED 12 JUNE 2010 SUPERCEDES ALL PREVIOUS VERSIONS

Work/Rest and Water Consumption Table

Applies to average size, heat acclimated person wearing long sleeved shirt and pants (or cloth overalls.)

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> Walking/working on hard surface at 2.5 mph <30 lb load 	<ul style="list-style-type: none"> Walking/working on loose sand, water, reeds at 2.5 mph, minimal load Walking hard surface at 3.5 mph < 40 lb load 	<ul style="list-style-type: none"> Walking/working on hard surface at 3.5 mph, \geq 40 lb load Walking/working on loose sand, at 2.5 mph with minimal load Wearing protective coveralls (i.e. Tyvek) and/or respirator

Heat Category	Easy Work		Moderate Work		Hard Work	
	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1 White Flag	NL	1/2	NL	3/4	40/20 min	3/4
2 Green Flag	NL	1/2	50/10 min	3/4	30/30 min	1
3 Yellow Flag	NL	3/4	40/20 min	3/4	30/30 min	1
4 Red Flag	NL	3/4	30/30 min	3/4	20/40 min	1
5 Black Flag	50/10 min	1	20/40 min	1	10/50 min	1

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences (\pm ¼ qt/hr)

- NL = no limit to work time per hour.

- Rest = minimal physical activity (sitting or standing) accomplished in shade.

- CAUTION:** Hourly fluid intake should not exceed 1-½ quarts.

Daily fluid intake should not exceed 12 quarts.

- Operational requirements should be considered in the application of this heat management tool. Contact site deputy branch director for clarification.