

Heat check: How heat index effects the body



HEAT INDEX | Known as the "feels-like" temperature, this takes into account both air temperature and humidity. It reflects how hot it actually feels to the human body. Refer to the heat index temperatures below for guidance.

Heat Check

Danger (>95°F)

Conditions are dangerous! Heat-related illness can develop faster and be more serious.

Warning

(85-90°F)

Conditions are hazardous. Extra precautions are recommended to protect against heat-related illness.

Caution

(60-80°F)

Conditions are potentially hazardous. Workers can be at increased risk for heatrelated illness.



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