

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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