

HEAT INDEX TABLE



This Heat Index Chart provides general guidelines for assessing the potential severity of heat stress (illness). Individual reactions to the heat will vary. Heat illness can occur at lower temperatures than those indicated on the “Heat Index & Possible Risk” section of this poster.

How to use the Heat Index Chart:

1. Across the top of the chart the air temperature is listed.
2. Down the left side of the chart, the relative humidity is listed.

TAKE TEMPERATURE & HUMIDITY READINGS IN THE SUN, IF PRACTICE WILL TAKE PLACE IN THE SUN.

3. Where the temperature and humidity meet on the chart is the Heat Index.

The Heat Index is the body’s sensation of heat, or “What the temperature and humidity feel like to the body.”

RELATIVE HUMIDITY	AIR TEMPERATURE (In degrees Fahrenheit)											HEAT INDEX & POSSIBLE RISK
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°	
0%	64	69	73	78	83	87	<u>91</u>	<u>95</u>	<u>99</u>	<u>103</u>	<u>107</u>	<p>90-104 degrees: Heat exhaustion, heat cramps & sunstroke possible with prolonged exposure and/or physical activity. Provide unlimited fluids and monitor musicians for signs & symptoms of heat illness. <i>Marching Bands should be required to march in partial uniform at all outdoors events.</i></p> <p>105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heat-stroke possible. Provide unlimited fluids & take more breaks, consider altering practice so it is less strenuous, practicing when the index is lower or cancelling practice. <i>Marching Bands should be required to march in partial uniform at all outdoors events. Participation in outdoor performances should be carefully considered. Marching Band routes for parades should be shortened if at all possible.</i></p> <p>130 degrees & higher: Sunstroke & heatstroke highly likely. CANCEL ALL OUTSIDE PRACTICES/PERFORMANCES FOR THE SAFETY OF ALL MUSICIANS.</p>
10%	65	70	75	80	85	<u>90</u>	<u>95</u>	<u>100</u>	<u>105</u>	<u>111</u>	<u>116</u>	
20%	66	72	77	82	87	<u>93</u>	<u>99</u>	<u>105</u>	<u>112</u>	<u>120</u>	<u>130</u>	
30%	67	73	78	84	<u>90</u>	<u>96</u>	<u>104</u>	<u>113</u>	<u>123</u>	<u>135</u>	<u>148</u>	
40%	68	74	79	86	<u>93</u>	<u>101</u>	<u>110</u>	<u>123</u>	<u>137</u>	<u>151</u>		
50%	69	75	81	88	<u>96</u>	<u>107</u>	<u>120</u>	<u>135</u>	<u>150</u>			
60%	70	76	82	<u>90</u>	<u>100</u>	<u>114</u>	<u>132</u>	<u>149</u>				
70%	70	77	85	<u>93</u>	<u>106</u>	<u>124</u>	<u>144</u>					
80%	71	78	86	<u>97</u>	<u>113</u>	<u>136</u>						
90%	71	79	88	<u>102</u>	<u>122</u>							
100%	72	80	<u>91</u>	<u>108</u>								

Source: National Oceanic & Atmospheric Administration

DIRECTIONS FOR USING THE GENERAL DIGITAL TEMPERATURE/HUMIDITY PEN - MODEL No. PTH8708

- 1) Turn the unit on and hold it by its body. DO NOT HOLD IT BY THE SENSOR!
- 2) Take the temperature & humidity readings in the same location and conditions as practice or competition will take place.
- 3) Allow 1 to 1-1/2 minutes for the unit to adjust to the current temperature and humidity. TEMPERATURE AND HUMIDITY MAY STILL FLUCTUATE BY SEVERAL TENTHS OF A DEGREE OR PERCENT.
- 4) Round the temperature and humidity to the nearest number provided on the Heat Index Table.