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.

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

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."

AIR TEMPERATURE (In degrees Fahrenheit)

RELATIVE HUMIDITY	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
	HEAT INDEX or ("What the temperature & humidity feel like to the body.")										
0%	64	69	73	78	83	87	91	95	99	**103**	**107**
10%	65	70	75	80	85	90	95	100	**105**	**111**	**116**
20%	66	72	77	82	87	93	99	**105**	**112**	**120**	**130**
30%	67	73	78	84	90	96	104	**113**	**123**	**135**	**148**
40%	68	74	79	86	93	101	**110**	**123**	**137**	**151**	
50%	69	75	81	88	96	**107**	**120**	**135**	**150**		
60%	70	76	82	90	100	**114**	**132**	**149**			
70%	70	77	85	93	**106**	**124**	**144**				
80%	71	78	86	97	**113**	**136**					
90%	71	79	88	102	**122**						
100%	72	80	91	**108**							

Source: National Oceanic & Atmospheric Administration

HEAT INDEX & POSSIBLE RISK

90-104 degrees: Heat exhaustion, heat cramps & sunstroke possible with prolonged exposure and/or physical activity. Provide unlimited fluids and monitor athletes for signs & symptoms of heat illness.

105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Provide unlimited fluids & take more breaks, consider altering practice so it is less strenuous (for football, consider practicing without pads), practicing when the index is lower or cancelling practice.

130 degrees & higher: Sunstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.

DIRECTIONS FOR USING THE MANNIX THERMO-HYGROMETER

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.