

Other sources such as heat radiation from processes can also be problematic for workers and similar precautions should be taken.

Below is a Heat Index Chart that exemplifies the effects of moist heat to the human body. For example: If it is 86 degrees outside with the relative humidity at 60% it will feel like 92 degrees! In direct sunlight it will feel like 107 degrees!

HEAT INDEX CHART

		RELATIVE HUMIDITY								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
TEMPERATURE F°	104°	98	104	110	120	>130	>130	>130	>130	>130
	102°	97	101	108	117	125	>130	>130	>130	>130
	100°	95	99	105	110	120	>130	>130	>130	>130
	98°	93	97	101	106	110	125	>130	>130	>130
	96°	91	95	98	104	108	120	128	>130	>130
	94°	89	93	95	100	105	111	122	128	>130
	92°	87	90	92	96	100	106	115	122	128
	90°	85	88	90	92	96	100	106	114	122
	88°	82	86	87	89	93	95	100	106	115
	86°	80	84	85	87	90	92	96	100	109
	84°	78	81	83	85	86	89	91	95	99
	82°	77	79	80	81	84	86	89	91	95
	80°	75	77	78	79	81	83	85	86	89
	78°	72	75	77	78	79	80	81	83	85
	76°	70	72	75	76	77	77	77	78	79
	74°	68	70	73	74	75	75	75	76	77

Directions: Locate the current temperature on the left column and then locate the relative humidity on the top row. Follow the temperature across and the humidity down until they meet; this measurement is the heat index. The heat index will increase 15 degrees in direct sunlight.

Heat Stress Hazards Chart

The following heat stress hazards are listed below. It is important for the first aid attendants and supervisors to become familiarized with the symptoms to look for and the initial treatments to apply until emergency medical personnel take over the situation.