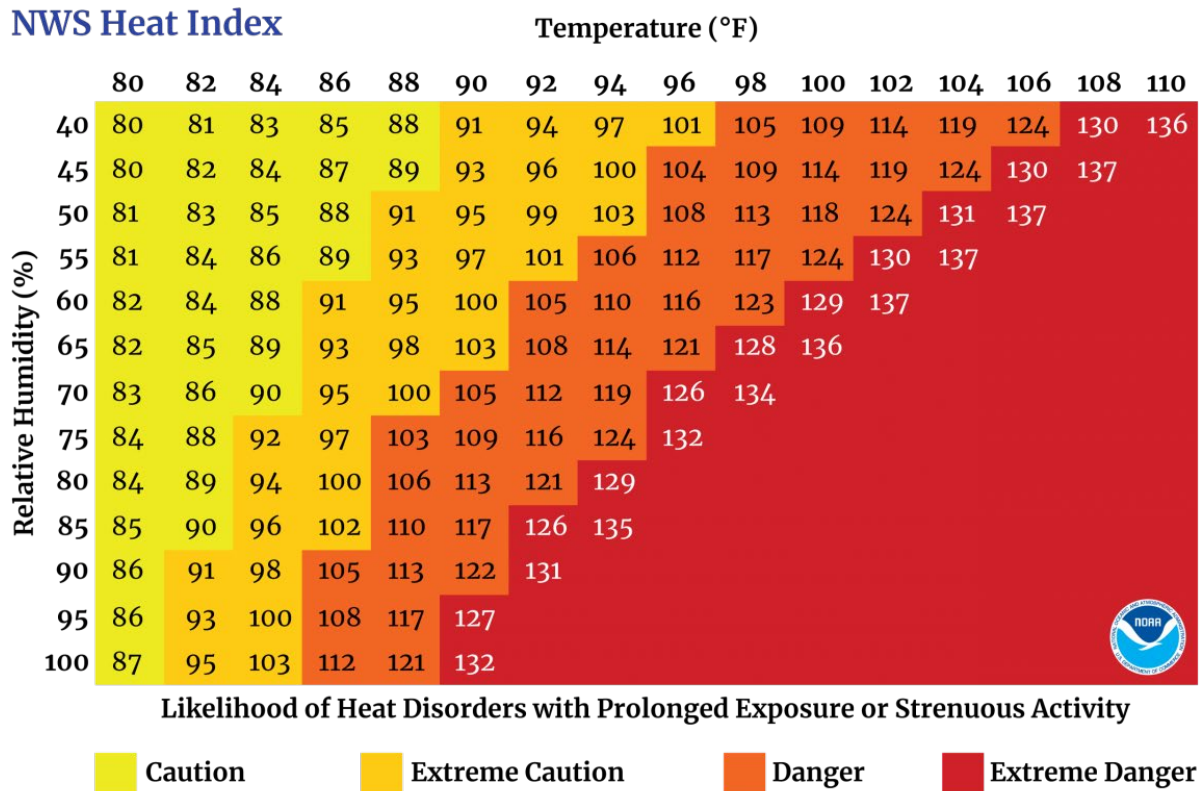


Heat Stress Index

The Heat Index is a measure of how hot it really feels when the relative humidity is factored in with the actual air temperature.

The chart below shows the National Weather Service (NWS) Heat Index.



The chart below shows the four risk levels and recommended protective measures.

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional Precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

<https://essr.umd.edu/about/occupational-safety-health/heat-safety-workplace>