

APPARENT TEMPERATURE

	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	
R	0	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
E	5	16	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	44	45	46	47	48
L	10	17	18	19	20	21	22	23	24	25	26	27	28	29	31	32	33	34	35	36	37	38	39	41	42	43	44	45	46	48	49	50
A	15	17	18	19	20	21	22	24	25	26	27	28	29	30	31	32	33	34	35	36	37	40	41	42	43	45	46	47	48	50		
T	20	17	18	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36	37	38	41	42	43	45	46	48	49	50			
I	25	18	19	20	21	22	24	25	26	27	28	29	31	32	33	34	36	37	38	39	40	42	44	45	46	48	49					
V	30	18	19	21	22	23	24	25	26	28	29	30	31	32	33	35	36	37	38	39	41	43	45	46	48	49						
E	35	19	20	22	23	25	26	27	28	30	31	32	34	35	36	38	39	40	42	43	44	45	46	48	49							
H	40	19	20	21	23	24	25	26	28	29	30	32	33	34	36	37	39	40	41	43	44	45	46	48	49							
U	45	19	21	22	23	24	26	27	28	30	31	32	34	35	37	38	40	41	43	44	45	47	49									
M	50	20	21	22	24	25	26	28	29	30	32	33	35	36	38	39	41	42	44	45	47	49	50									
I	55	20	22	23	24	25	27	28	30	31	32	34	35	37	38	40	42	43	45	46	48	50										
D	60	21	22	23	25	26	27	29	30	32	33	35	36	38	39	41	42	44	46	48	49											
I	65	21	22	24	25	26	28	29	31	32	34	35	37	39	40	42	43	45	47	49												
T	70	21	23	24	26	27	28	30	31	33	35	36	38	39	41	43	44	46	48	50												
Y	75	22	23	25	26	28	29	31	32	34	35	37	38	40	42	44	45	47	49													
%	80	22	24	25	27	28	30	31	33	34	36	38	39	41	43	45	47	49														
	85	23	24	26	27	29	30	32	33	35	37	38	40	42	44	45	47	49														
	90	23	25	26	28	29	31	32	34	36	37	39	41	43	45	46	48	50														
	95	23	25	26	28	30	31	33	35	36	38	40	42	43	45	47	49															
	100	24	25	27	29	30	32	33	35	37	39	41	42	44	46	48	50															

To calculate the Heat Stress Index combine the Temperature with the % Humidity and where the 2 lines meet on the Chart is the Heat Stress Result

It is recommended that when the Index reaches into the yellow that drinks breaks be taken every 20 minutes

If Index goes into the red (40 or above) it is recommended that play be suspended until such time as index has dropped