

HEAT INDEX

Effects of the Heat Index (shade values) **NOTE: Exposure to full sunshine can increase HI values by up to 15° F**

Fahrenheit	Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity
80-90°F	Caution — fatigue is possible with prolonged exposure and activity
90-105°F	Extreme caution — sunstroke, heat cramps, and heat exhaustion are possible
105-130°F	Danger — sunstroke, heat cramps, and heat exhaustion are likely; heat stroke is possible
Over 130°F	Extreme danger — sunstroke and heat stroke are likely with continued exposure

HEAT INDEX CHART—TEMPERATURE & RELATIVE HUMIDITY (RH)

RH %	AIR TEMPERATURE (FAHRENHEIT) <i>WHAT IT IS</i>															
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
	APPARENT TEMPERATURE (FAHRENHEIT) <i>WHAT IT FEELS LIKE</i>															
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

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HEAT CRAMPS

CAUSE

Loss of salt through excessive sweating.

SYMPTOMS

Stomach, leg, or arm cramps. Pale, wet skin. Dizziness. Extreme thirst.

FIRST AID

Take victim to cool, shady place. Have him or her drink at least one canteen full of cool water. If there is no improvement, transport victim to a medical facility.

HEAT EXHAUSTION

CAUSE

Loss of water and salt through profuse sweating.

SYMPTOMS

Same as heat cramps plus headache and weakness. Victim may appear drunk, dizzy, or drowsy. Skin is pale, cold, and moist.

FIRST AID

Lay victim flat in cool, shady spot. Elevate feet and loosen clothing. Pour water on victim and fan to cool. If conscious, give cool water. Get medical help. Further guidance is given in TB Med 507: Prevention, Treatment, and Control of Heat Injury.

HEATSTROKE

CAUSE

Prolonged exposure to high temperatures and failure of the body's cooling mechanism. More likely to strike a person who is not acclimated to heat or who has suffered a previous heat injury.

SYMPTOMS

Person may stop sweating. Skin is red and hot. Victim may experience weakness, dizziness, confusion, headache, seizures, and nausea, and respiration and pulse may be rapid and weak. Unconsciousness and collapse may occur suddenly. Temperature sometimes reaches 106 to 110 degrees F..

FIRST AID

Remember, heatstroke is a medical emergency. Immediately cool victim with ice packs to neck, groin, or underarms. If packs are not available, spray or soak victim with cool water and fan body. Do not immerse in ice water. Do not try to give water to an unconscious victim. Rush victim to a hospital.

WATER REQUIREMENTS

ACTIVITY

Light	Desk work, guard work, operation of radio
Moderate	Route march on level ground, tank operations
Heavy	Forced march, route march, heavy load/MOPP, digging in hot weather

TYPICAL DUTIES

QUARTS PER PERSON PER DAY FOR DRINKING

WBGT Deg.*	<80	>80
	6	9
	9	12
	12	15

*MOPP and/or body armor adds 10 degrees to the measured WBGT.