

Heat Index Chart with Health Effects and Safety Recommendations

How to use the chart: **1.** Go to www.wrh.noaa.gov/psr and select your location to obtain the local temperature in Fahrenheit and relative humidity (RH) **2.** Find the corresponding temperature and RH on the chart. The box that connects the two numbers will contain the current heat index (HI) Notice the color of this box. **3.** Find the box with the same color and read about the health effects of the Heat Index and safety recommendations to follow.

