

Temp (F)	Relative Humidity (%)																				
	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
140	125																				
135	120	128																			
130	117	122	131																		
125	111	116	123	131	141																
120	107	111	116	123	130	139	148														
115	103	107	111	115	120	127	135	143	151												
110	99	102	105	108	112	117	123	130	137	143	150										
105	95	97	100	102	105	109	113	118	123	129	135	142	149								
100	91	93	95	97	99	101	104	107	110	115	120	125	132	138	144						
95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	71	72
Heat Index: 130+		<b>Health Effect:</b> Heatstroke/sunstroke is highly likely with continued exposure <b>Recommendations:</b> Avoid strenuous outdoor activity. Stay indoors in an air conditioned facility. Stay well-hydrated. Drink 10 gulps every 20 minutes. Check on others.																			
Heat Index: 105 - 129		<b>Health Effect:</b> Sunstroke, heat cramps, and heat exhaustion are likely. Heat stroke is possible with prolonged exposure and/or physical activity. <b>Recommendations:</b> Avoid strenuous outdoor activity. Stay indoors in an air conditioned facility. Stay well-hydrated. Drink 10 gulps every 20 minutes.																			
Heat Index: 90 - 104		<b>Health Effect:</b> Sunstroke, heat cramps, and heat exhaustion are likely. <b>Recommendations:</b> Limit strenuous outdoor activity. Limit your time outdoors. Stay well-hydrated. Drink 10 gulps every 20 minutes.																			
Heat Index: 80 - 89		<b>Health Effect:</b> Fatigue is possible with prolonged exposure and/or physical activity. <b>Recommendations:</b> Limit your time outdoors. Stay well-hydrated. Drink 10 gulps every 20 minutes.																			

Wind (MPH)	Temperature (F)																		
	50	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
5	48	42	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57
10	46	40	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66
15	45	38	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71
20	44	37	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74
25	43	36	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78
30	42	35	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80
35	41	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82
40	41	34	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84
45	40	33	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86
50	40	33	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88
55	40	32	26	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89
60	39	32	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91
65	39	32	24	17	10	2	-5	-12	-19	-27	-34	-41	-49	-56	-63	-70	-78	-85	-92
70	38	31	24	16	9	2	-6	-13	-20	-27	-35	-42	-49	-57	-64	-71	-79	-86	-93
75	38	31	23	16	9	1	-6	-13	-21	-28	-36	-43	-50	-58	-65	-72	-80	-87	-95
80	38	30	23	16	8	1	-7	-14	-21	-29	-36	-44	-51	-59	-66	-73	-81	-88	-96
85	38	30	23	15	8	0	-7	-15	-22	-30	-37	-44	-52	-59	-67	-74	-82	-89	-97
90	37	30	22	15	7	0	-8	-15	-23	-30	-38	-45	-53	-60	-68	-75	-83	-90	-98
95	37	29	22	14	7	-1	-8	-16	-23	-31	-38	-46	-53	-61	-68	-76	-84	-91	-99
100	37	29	22	14	6	-1	-9	-16	-24	-31	-39	-47	-54	-62	-69	-77	-84	-92	-100

Approximate exposure time when frostbite will occur

30 minutes	10 minutes	5 minutes
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