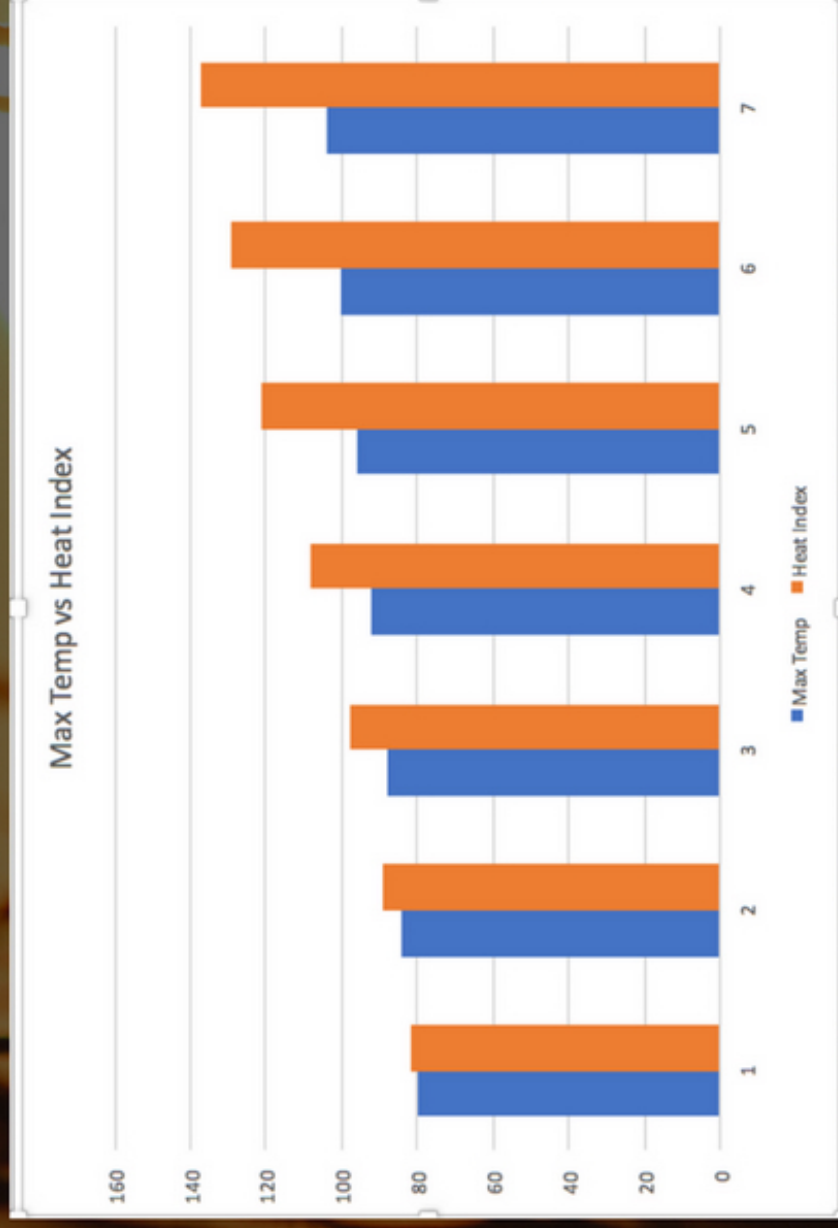


MAXIMUM TEMPERATURE VS. HEAT INDEX: WHICH ONE IS BETTER FOR PREDICTING HEAT-RELATED ILLNESS?

Heat Index accounts for the combined effects of air temperature and humidity to provide a more accurate estimate of heat stress on the human body. For example, if the air temperature is 96°F and the relative humidity is 65%, the heat index is 121°F.

The body cools itself through the evaporation of perspiration. On days when the humidity is high, the moisture in the air prevents the evaporation of sweat, prohibiting the ability of the body to cool itself. When the body cannot cool itself properly, a person is at higher risk for heat illness and heat stroke.



RELATIVE HUMIDITY 65%