

STAYING COOL

& watching the heat index

TOOLS 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.

HOW DOES IT WORK?

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, preventing the body from cooling itself. When the body cannot cool itself properly, a person is at higher risk for heat illness and heat stroke.

TAKING ACTION

- Drink more water than usual
- Take a cold bath or shower to cool down after work
- Take breaks in AC or in front of a fan
- Avoid alcohol and sugary drinks

32 OZ.
PER HOUR



ASK FOR HELP IF...

- DRY, HOT SKIN
- RAPID PULSE
- HIGH BODY TEMPERATURE



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