



**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

Caution    
  Extreme Caution    
  Danger    
  Extreme Danger

**Heat Index Chart**

Below are benchmarks to consider in terms of the potential for heat disorders. Employees that are performing strenuous work should exercise caution whenever temperatures approach the 90-degree mark.

**Caution** - When the heat index is between 80-90° Fahrenheit, exercise can be more fatiguing than usual.

**Extreme Caution** – Temperatures from 90-105° Fahrenheit, the chances of heat exhaustion and heat cramps are possible.

**Danger** – Temperatures from 105-130° Fahrenheit, the chances of heat disorders occurring are very likely and are more likely as the temperature increases.

**Extreme Danger** – Temperatures greater than 130° Fahrenheit, heat stroke is imminent.