

The previous table was outdated and has been replaced by the following. Thanks to Lans Rothfus, MIC at NWS Tulsa, OK for the following table.

HEAT INDEX °F (°C)													
Temp.	RELATIVE HUMIDITY (%)												
	40	45	50	55	60	65	70	75	80	85	90	95	100
<b>110 (47)</b>	136 (58)												
<b>108 (43)</b>	130 (54)	137 (58)											
<b>106 (41)</b>	124 (51)	130 (54)	137 (58)										
<b>104 (40)</b>	119 (48)	124 (51)	131 (55)	137 (58)									
<b>102 (39)</b>	114 (46)	119 (48)	124 (51)	130 (54)	137 (58)								
<b>100 (38)</b>	109 (43)	114 (46)	118 (48)	124 (51)	129 (54)	136 (58)							
<b>98 (37)</b>	105 (41)	109 (43)	113 (45)	117 (47)	123 (51)	128 (53)	134 (57)						
<b>96 (36)</b>	101 (38)	104 (40)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	132 (56)					
<b>94 (34)</b>	97 (36)	100 (38)	103 (39)	106 (41)	110 (43)	114 (46)	119 (48)	124 (51)	129 (54)	135 (57)			
<b>92 (33)</b>	94 (34)	96 (36)	99 (37)	101 (38)	105 (41)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	131 (55)		
<b>90 (32)</b>	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	103 (39)	106 (41)	109 (43)	113 (45)	117 (47)	122 (50)	127 (53)	132 (56)
<b>88 (31)</b>	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	98 (37)	100 (38)	103 (39)	106 (41)	110 (43)	113 (45)	117 (47)	121 (49)
<b>86 (30)</b>	85 (29)	87 (31)	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	102 (39)	105 (41)	108 (42)	112 (44)
<b>84 (29)</b>	83 (28)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	92 (33)	94 (34)	96 (36)	98 (37)	100 (38)	103 (39)
<b>82 (28)</b>	81 (27)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	91 (33)	93 (34)	95 (35)
<b>80 (27)</b>	80 (27)	80 (27)	81 (27)	81 (27)	82 (28)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	86 (30)	87 (31)

Category	Heat Index	Possible heat disorders for people in high risk groups
Extreme Danger	130°F or higher (54°C or higher)	Heat stroke or sunstroke likely.
Danger	105 - 129°F (41 - 54°C)	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Caution	90 - 105°F (32 - 41°C)	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	80 - 90°F (27 - 32°C)	Fatigue possible with prolonged exposure and/or physical activity.