

Supervisor News – Temperature Humidity Index

		Relative Humidity									
		10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
	80°	69	70	72	73	74	75	76	78	79	80
	81°	70	71	72	73	75	76	77	78	80	81
	82°	70	72	73	74	75	77	78	79	81	82
	83°	71	72	73	75	76	78	79	80	82	83
	84°	71	73	74	75	77	78	79	81	83	84
	85°	72	73	75	76	78	79	80	82	84	85
	86°	72	74	75	77	78	80	81	83	84	86
	87°	73	74	76	77	79	81	82	84	85	87
	88°	73	75	76	78	80	81	83	85	86	88
Temperature (Fahrenheit)	89°	74	75	77	79	81	82	84	86	87	89
	90°	74	76	77	79	81	83	85	87	88	90
	91°	75	76	78	80	82	84	85	87	89	91
	92°	75	77	79	81	83	85	86	88	90	92
	93°	76	78	80	81	83	85	87	89	91	93
	94°	73	78	80	82	84	86	88	90	92	94
	95°	77	79	81	83	85	87	89	91	93	95
	96°	77	79	81	84	86	88	90	92	94	96
	97°	78	80	82	84	86	88	91	93	95	
	98°	78	80	83	85	87	89	91	94	96	
	99°	79	81	83	85	88	90	92	95		
	100°	79	82	84	86	89	91	93	95		
	101°	80	82	84	87	89	91	94	96		
	102°	80	83	85	88	90	92	95			
103°	81	83	86	88	91	93	96				
104°	81	84	86	89	91	94	96				
105°	82	84	87	90	92	95					
106°	82	85	87	90	93	96					
107°	83	85	88	91	94	96					
108°	83	86	89	92	95						
109°	84	87	89	92	95						
110°	84	87	90	93	96						

Warning Zone

Danger Zone

To use the table, find out the temperature and relative humidity of the work area. Start at the temperature listed on the left, and read across to the number under the relative humidity level (round up to the higher percentage). This number is the temperature-humidity index. The values are for people wearing the right amount of clothing doing light work, with very little wind.

The lightly highlighted area is uncomfortable for everyone. For moderate to heavy activity, workers should be concerned about heat stress and should alternate time working in the heat and time in cooler areas or light work. When the THI is in the darkly highlighted area, extreme caution is indicated. Workers should try to schedule work to allow only 25% of time performing heavy work in such an environment. Workers should be encouraged to drink plenty of fluids and be on the lookout for signs of heat stress.