

Temp (in °C)	Relative Humidity (in %)																										
	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%								
49																			50								
48	NEVER IGNORE ANYONE'S SYMPTOMS DESPITE YOUR MEASUREMENTS!!!																			49							
47	Moderate Unacclimatized & Heavy Acclimatized							Moderate Acclimatized & Light Unacclimatized												50	47						
46																			49	46							
45		Action																50	47	45							
44		45+							only medically supervised work							50+*				49	46	43					
43		42-44							work with 45 min/hr relief							47-49*				49	47	45	42				
42		40-41							work with 30 min/hr relief							45-46*				50	48	46	43	41			
41		38-39							work with 15 min/hr relief							43-44				48	46	44	42	40			
40		34-37							warn for symptoms & extra water							40-42				49	47	45	43	41	39	37	
39	30-33							alert for symptoms & extra water							36-39				49	47	45	43	42	40	38	36	
38	25-29							water as needed							32-35				49	47	45	44	42	40	38	37	35
37	*for Humidex 45+, heat stress should be managed as per the ACGIH TLV®									50	49	47	45	44	42	40	39	37	35	34							
36								50	48	47	45	43	42	40	39	37	36	34	33								
35								49	48	46	45	43	42	40	39	37	36	34	33	31							
34							50	48	47	46	44	43	41	40	39	37	36	34	33	30							
33							50	49	48	46	45	44	42	41	40	38	37	36	34	33	32	30					
32							50	49	48	46	45	44	42	41	40	38	37	36	34	33	32	30	29				
31	50	49	48	47	45	44	43	42	40	39	38	37	35	34	33	32	30	29	28	27	26	25					
30	48	47	46	44	43	42	41	40	39	37	36	35	34	33	31	30	29	28	27	26	25	24					
29	46	45	43	42	41	40	39	38	37	36	35	33	32	31	30	29	28	27	26	25	24	23					
28	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22					
27	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20					
26	39	38	37	36	35	34	33	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19					
25	37	36	35	34	33	33	32	31	30	29	28	27	26	26	25	24	23	22	21	20	19	18					
24	35	34	33	33	32	31	30	29	28	28	27	26	25	24	23	22	21	20	19	18	17	16					
23	33	32	31	31	30	29	28	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14					
22	31	30	30	29	28	27	27	26	25	25	24	23	22	21	20	19	18	17	16	15	14	13					
21	29	29	28	27	26	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10					
	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%								