



Drink plenty of water • Take breaks • Wear light clothing

NWS Heat Index

[illegible]

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

 Caution Extreme Caution Danger Extreme Danger

**With Prolonged Exposure
and/or Physical Activity**

Extreme Danger

Heat stroke or sunstroke
highly likely

Danger

Sunstroke, muscle cramps,
and/or heat exhaustion likely

Extreme Caution

Sunstroke, muscle cramps,
and/or heat exhaustion possible

Caution

Fatigue possible

How do I know if it's too hot?

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures



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