

H3-2 Guidelines for Exercising Safely in Hot Weather

Use caution when you exercise in extreme heat or humidity (over 80° F and/or 60% humidity). Especially when you are not used to high humidity, the slower rate of evaporation of sweat makes it more difficult to regulate your body temperature.

To assess the potential for heat-related problems during exercise, use the Heat Index as follows:

1. Locate your local temperature across the top row.
2. Locate the relative humidity in the far left column.
3. The point at which the two values intersect is the apparent temperature.

| | | Air temperature (°F) | | | | | | | | | | |
|-------------------|---------------------------|----------------------|-----|-----|-----|-----|-----|------|------|------|------|-------------------|
| | | 70° | 75° | 80° | 85° | 90° | 95° | 100° | 105° | 110° | 115° | 120° |
| Relative humidity | Apparent temperature (°F) | | | | | | | | | | | |
| | 30% | 67 | 73 | 78 | 84 | 90 | 96 | 104 | 113 | 123 | 135 | 148 |
| 35% | 67 | 73 | 79 | 85 | 91 | 98 | 107 | 118 | 130 | 143 | | |
| 40% | 68 | 74 | 79 | 86 | 93 | 101 | 110 | 123 | 137 | 151 | | |
| 45% | 68 | 74 | 80 | 87 | 95 | 104 | 115 | 129 | 143 | | | |
| 50% | 69 | 75 | 81 | 88 | 96 | 107 | 120 | 135 | 150 | | | |
| 55% | 69 | 75 | 81 | 89 | 98 | 110 | 126 | 142 | | | | |
| 60% | 70 | 76 | 82 | 90 | 100 | 114 | 132 | 149 | | | | |
| 65% | 70 | 76 | 83 | 91 | 102 | 119 | 138 | | | | | Heat index |
| 70% | 70 | 77 | 85 | 93 | 106 | 124 | 144 | | | | | 90° to 104° |
| 75% | 70 | 77 | 86 | 95 | 109 | 130 | | | | | | 105° to 129° |
| 80% | 71 | 78 | 86 | 97 | 113 | 136 | | | | | | 130° or above |
| 85% | 71 | 78 | 87 | 99 | 117 | | | | | | | |
| 90% | 71 | 79 | 88 | 102 | 122 | | | | | | | |
| 95% | 71 | 79 | 89 | 105 | | | | | | | | |
| 100% | 72 | 80 | 91 | 108 | | | | | | | | |

Heat Index

130° or above
105–129°
90–104°

Effects

Heatstroke highly likely with continued exposure
Heatstroke likely with prolonged exposure
Heatstroke possible with prolonged exposure

If you determine that the apparent temperature is in a safe range for your planned level of activity, follow these tips to keep cool:

- Exercise in the early morning or evening.
- Remember to drink plenty of fluids.
- Wear clothing that “breathes” and that is white or light color.
- Rest frequently in the shade.
- Record your morning body weight to track whether weight lost through sweating is restored.
- Be alert for signs of heat disorders such as heat cramps, exhaustion, or stroke, and know what to do if any of them occur.

Source: Heat Index from National Oceanic and Atmospheric Administration, National Weather Service. (<http://www.nws.noaa.gov/er/iln/tables.htm>)