

# NORFOLK COUNTY CHIROPRACTIC & SPORTS MEDICINE

www.NCCsportsmed.com 508.359.5200

HEAT INDEX CHART						
Temperature (F) versus Relative Humidity (%)						
°F	90%	80%	70%	60%	50%	40%
80	85	84	82	81	80	79
85	101	96	92	90	86	84
90	121	113	105	99	94	90
95		133	122	113	105	98
100			142	129	118	109
105				148	133	121
110						135

**NOTE:** Exposure to direct sunlight can increase the Heat Index by up to 15°F.

HEAT INDEX	POSSIBLE HEAT RELATED INJURIES
80°F – 90°F	<i>Heat Fatigue</i> possible with prolonged exposure & activity.
90°F – 105°F	<i>Heat Exhaustion</i> possible.
105°F – 130°F	<i>Heat Exhaustion</i> likely, and heat stroke possible.
130°F or greater	<i>Heat Stroke</i> highly likely with continued exposure.

## How Can You Beat The Heat?

- ✓ Cross train and work out at an air-conditioned fitness center
- ✓ Limit the duration of outdoor exercise during hot weather
- ✓ Wear loose fitting, light colored clothing made of moisture wicking material
- ✓ Use sunscreen and wear a hat
- ✓ Hydrate before, during and after exercise
- ✓ Exercise in the early morning or evening to avoid the mid-day sun and high temperatures

## CLASSIFICATION OF HEAT RELATED INJURIES

Injury	Symptoms	Signs	Treatment
Heat Fatigue (Mild)	Muscle cramps Fatigue Headaches Faintness	Muscle spasm Elevated heart rate Fainting	Cessation of exercise Removal from heat Re-hydration Cool bath/icing Rest
Heat Exhaustion (Moderate)	Headaches Weakness Nausea Vomiting Confusion Poor co-ordination	Decreased blood pressure Elevated heart rate Elevated body temp. Fainting Hot wet skin	Cessation of exercise Removal from heat Re-hydration Cool bath/icing Rest Consider I.V. fluids
Heat Stroke (Severe)	Inappropriate behavior Psychosis Coma	Severely elev. Body temp. Hot/dry or Cool/wet skin Elevated heart rate Decreased blood pressure Elevated breathing rate Electrolyte disturbances	<b><i>Medical Emergency</i></b> Potentially fatal Emergency transport Whole body cooling Laboratory monitoring I.V. fluid replacement