## HEAT INDEX TABLE

This Heat Index Chart provides general guidelines for assessing the potential severity of heat stress (illness). Individual reactions to the heat will vary. Heat illness can occur at lower temperatures than those indicated on the "Heat Index & Possible Risk" section of this poster.

## **How to use the Heat Index Chart:**

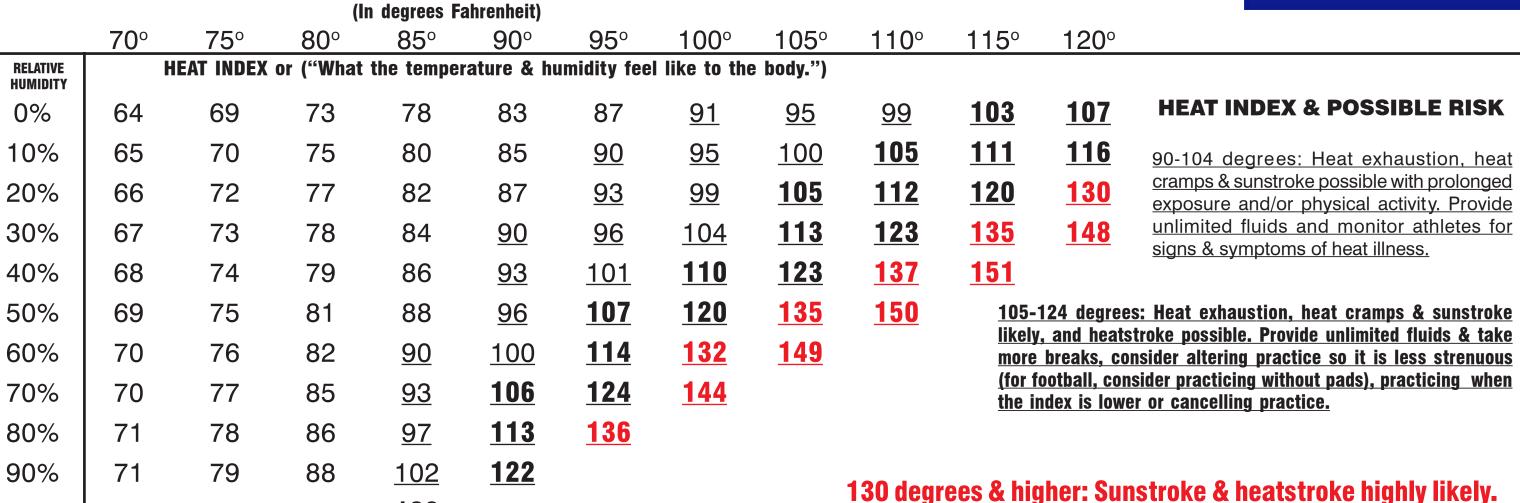
- 1. Across the top of the chart the air temperature is listed.
- 2. Down the left side of the chart, the relative humidity is listed.

## TAKE TEMPERATURE & HUMIDITY READINGS IN THE SUN, IF PRACTICE WILL TAKE PLACE IN THE SUN.

3. Where the temperature and humidity meet on the chart is the Heat Index.

The Heat Index is the body's sensation of heat, or "What the temperature and humidity feel like to the body."





Source: National Oceanic & Atmospheric Administration

100%

## DIRECTIONS FOR USING THE MANNIX THERMO-HYGROMETER

108

1) Turn the unit on and hold it by its body. DO NOT HOLD IT BY THE SENSOR!

91

80

- 2) Take the temperature & humidity readings in the same location and conditions as practice or competition will take place.
- 3) Allow 1 to 1-1/2 minutes for the unit to adjust to the current temperature and humidity. TEMPERATURE AND HUMIDITY MAY STILL FLUCTUATE BY SEVERAL TENTHS OF A DEGREE OR PERCENT.
- 4) Round the temperature and humidity to the nearest number provided on the Heat Index Table.



CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.