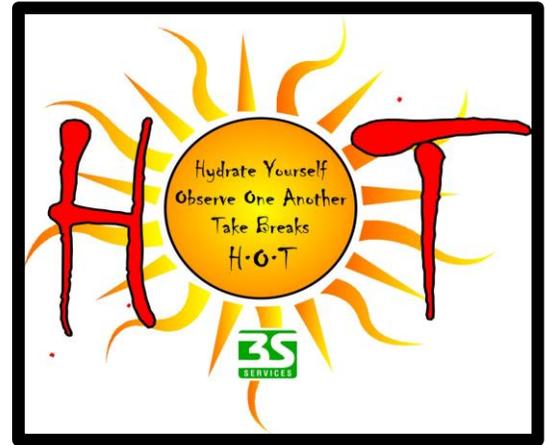


Summer is here and so is the threat that extreme HEAT brings.

3S Services Heat Awareness Campaign: **HOT**

(**H**ydrate Yourself, **O**bserve One Another, **T**ake Breaks)



Extreme Heat and Summer Temperatures are hazards that affect everyone – not just people in workforce type settings. Heat does not discriminate – Everyone is susceptible to Heat Related Illness.

The Heat Index below demonstrates that there is more than temperature to consider when planning outdoor activities. – Relative Humidity is a key factor in determining exposure limits. Please review the chart below:

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

■ Caution
 ■ Extreme Caution
 ■ Danger
 ■ Extreme Danger