

Warning	Heat index	Effect on the body
Caution	80°F—90°F	Fatigue possible with prolonged exposure and or physical activity
Extreme caution	90°F—103°F	Heat stroke, heat cramps or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F—124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme danger	125°F and above	Heat stroke highly likely