

# SAFETY BULLETIN

## EXTREME HEAT

Heat is the number one weather-related killer in the United States, resulting in more fatalities each year than floods, lightning, tornadoes and hurricanes combined. In the heat wave of 1980, 1,250 people died. In 1995, heat claimed more than 700 lives in Chicago alone, making this the deadliest weather event in Chicago's history.

## EXTREME HEAT NOTIFICATIONS

The National Weather Service sends out notifications relating to extreme heat as conditions warrant. These may include **Extreme Heat Outlooks, Watches and Warnings** or **Advisories** as concerns for extreme heat are favorable, expected or if conditions exist.

The Heat Index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature. To find the Heat Index temperature, look at the Heat Index chart below. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index—how hot it feels—is 121°F.

The National Weather Service initiates alert procedures when the **Heat Index is expected to exceed 105°-110°F** (depending on local climate) for at least 2 consecutive days.

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and/or injuries.

**National Weather Service  
Heat Index Chart**

		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	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 and/or Strenuous Activity**

■ Caution   
 ■ Extreme Caution   
 ■ Danger   
 ■ Extreme Danger

Heat stress can result in heat stroke, **heat exhaustion**, **heat cramps**, or **heat rashes**. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness.

Workers at risk of heat stress include outdoor workers and workers in hot environments such as construction workers, factory workers, firefighters, bakery workers, farmers, miners, boiler room workers, plus many others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

For more information, please contact your local Risk Management Consultant at **800.257.1900** or [riskmanagement@amerisure.com](mailto:riskmanagement@amerisure.com)