

NOAA'S National Weather Service Heat Index

| | | | | | | | -1220 VAUS 1822 VAUS | | 19 (17 () () () 2 () 2 () | | | | | | | |
|-----|--------|--------|---------|---------|---------|---------|-------------------------|---------|------------------------------|---------|---------|---------|---------|---------|---------|---------|
| | 80(27) | 82(28) | 84(29) | 86(30) | 88(31) | 90(32) | 92(34) | 94(34) | 96(36) | 98(37) | 100(38) | 102(39) | 104(40) | 106(41) | 108(43 | 110(47) |
| 40 | 80(27) | 81(27) | 83(28) | 85(29) | 88(31) | 91(33) | 94(34) | 97(36) | 101(38) | 105(41) | 109(43) | 114(46) | 119(48) | 124(51) | 130(54) | 136(58 |
| 45 | 80(27) | 82(28) | 84(29) | 87(31) | 89(32) | 93(34) | 96(36) | 100(38) | 104(40) | 109(43) | 114(46) | 119(48) | 124(51) | 130(50) | 137(58) | |
| 50 | 80(27) | 83(28) | 85(29) | 88(31) | 91(33) | 95(35) | 99(37) | 103(39) | 108(42) | 113(45) | 118(48) | 124(51) | 131(55) | 137(58) | | |
| 55 | 80(27) | 84(29) | 86(30) | 89(32) | 93(34) | 97(36) | 101(38) | 106(41) | 112(44) | 117(47) | 124(51) | 130(54) | 137(58) | | | |
| 60 | 82(28) | 84(29) | 88(31) | 91(33) | 95(35) | 100(38) | 105(41) | 110(43) | 116(47) | 123(51) | 129(54) | 137(58) | | | | |
| 65 | 82(28) | 85(29) | 89(32) | 93(34) | 98(37) | 103(39) | 108(43) | 114(46) | 121(49) | 128(53) | 136(58) | | | | | |
| 70 | 82(28) | 86(30) | 90(32) | 95(35) | 100(38) | 105(41) | 112(46) | 119(48) | 126(52) | 134(57) | | | | | | |
| 75 | 84(29) | 88(31) | 92(33) | 97(36) | 103(39) | 109(43) | 116(47) | 124(51) | 132(56) | | | | | | | |
| 80 | 84(29) | 89(32) | 94(34) | 100(38) | 106(41) | 113(45) | 121(49) | 129(54) | | | | | | | | |
| 85 | 84(29) | 90(32) | 96(36) | 102(39) | 110(43) | 117(47) | 126(52) | 135(57) | | | | | | | | |
| 90 | 86(30) | 91(33) | 98(37) | 105(41) | 113(45) | 122(50) | 131(55) | | | | | | | | | |
| 95 | 86(30) | 93(34) | 199(38) | 108(42) | 117(47) | 127(53) | | | | | | | | | | |
| 100 | 87(31) | 95(35) | 103(39) | 112(44) | 121(49) | 132(56) | | | | | | | | | | |

Temperature 'F ('C)

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity





Extreme Danger

Adapted from NOAA [2012]

This material was produced under grant number SH05051SH8 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



Servicio Nacional de Meteorológia NOAA Indice de calor

| Temperatura | F(C) |
|-------------|------|
| | |

| | 80(27) | 82(28) | 84(29) | 86(30) | 88(31) | 90(32) | 92(34) | 94(34) | 96(36) | 98(37) | 100(38) | 102(39) | 104(40) | 106(41) | 108(43 | 110(47) |
|-----|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 40 | 80(27) | 81(27) | 83(28) | 85(29) | 88(31) | 91(33) | 94(34) | 97(36) | 101(38) | 105(41) | 109(43) | 114(46) | 119(48) | 124(51) | 138(54) | 136(58) |
| 45 | 80(27) | 82(28) | 84(29) | 87(31) | 89(32) | 93(34) | 96(36) | 100(38) | 104(40 | 109(43) | 114(46) | 119(48) | 124(51) | 130(50) | 137(58) | |
| 50 | 80(27) | 83(28) | 85(29) | 88(31) | 91(33) | 95(35) | 99(37) | 103(39) | 108(42) | 113(45) | 118(48) | 124(51) | 131(55) | 137(58) | | |
| 55 | 80(27) | 84(29) | 86(30) | 89(32) | 93(34) | 97(36) | 101(38) | 106(41) | 112(44) | 117(47) | 124(51) | 130(54) | 137(58) | | | |
| 60 | 82(28) | 84(29) | 88(31) | 91(33) | 95(35) | 100(38) | 105(41) | 110(43) | 116(47) | 123(51) | 129(54) | 137(58) | | | | |
| 65 | 82(28) | 85(29) | 89(32) | 93(34) | 98(37) | 103(39) | 108(43) | 114(46) | 121(49) | 128(53) | 136(58) | | | | | |
| 70 | 82(28) | 86(30) | 90(32) | 95(35) | 100(38) | 105(41) | 112(46) | 119(48) | 126(52) | 134(57) | | | | | | |
| 75 | 84(29) | 88(31) | 92(33) | 97(36) | 103(39) | 109(43) | 116(47) | 124(51) | 132(56) | | | | | | | |
| 80 | 84(29) | 89(32) | 94(34) | 100(38) | 106(41) | 113(45) | 121(49) | 129(54) | | | | | | | | |
| 85 | 84(29) | 90(32) | 96(36) | 102(39) | 110(43) | 117(47) | 126(52) | 135(57) | | | | | | | | |
| 90 | 86(30) | 91(33) | 98(37) | 105(41) | 113(45) | 122(50) | 131(55) | | | | | | | | | |
| 95 | 86(30) | 93(34) | 100(38) | 108(42) | 117(47) | 127(53) | | | | | | | | | | |
| 100 | 87(31) | 95(35) | 193(39) | 112(44) | 121(49) | 132(56) | | | | | | | | | | |

Probabilidad de un desorden por calor debido a la esposición prolongada o actividad agotadora

Precaución

Precaución extrema





Este manerial fue producido bajo el subsidio numero SH-05051-SH8 de la administración ocupacional de seguridad y salud de departamento de E. U. del trabajo. No necesariamente refleja el punto de vista o las políticas del departamento de E.U. del trabajo tampoco la mención de nombres comerciales, productos o organizaciones implica aprobación de el Gobierno de E.U.



Servicio Nacional de Meteorológia NOAA Indice de calor

| | | | | | | | | 123-003 | 1010010401 | | | | | | | | |
|----------|-------|-------|--------|--------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | 80 | (27) | 82(28) | 84(29) | 86(30) | 88(31) | 90(32) | 92(34) | 94(34) | 96(36) | 98(37) | 100(38) | 102(39) | 104(40) | 106(41) | 108(43 | 110(47) |
| 4 | 0 80 | (27) | 81(27) | 83(28) | 85(29) | 88(31) | 91(33) | 94(34) | 97(36) | 101(38) | 105(41) | 109(43) | 114(46) | 119(48) | 124(51) | 130(54) | 136(58) |
| 4 | 5 80 | (27) | 82(28) | 84(29) | 87(31) | 89(32) | 93(34) | 96(36) | 100(38) | 104(40 | 109(43) | 114(46) | 119(48) | 124(51) | 130(50) | 137(58) | |
| 5 | 0 80 | (27) | 83(28) | 85(29) | 88(31) | 91(33) | 95(35) | 99(37) | 103(39) | 108(42) | 113(45) | 118(48) | 124(51) | 131(55) | 137(58) | | |
| ~ * | 5 80 | (27) | 84(29) | 86(30) | 89(32) | 93(34) | 97(36) | 101(38) | 106(41) | 112(44) | 117(47) | 124(51) | 130(54) | 137(56) | | | |
| | 0 82 | 2(28) | 84(29) | 88(31) | 91(33) | 95(35) | 100(38) | 105(41) | 110(43) | 116(47) | 123(51) | 129(54) | 137(58) | | | | |
| relativa | 5 82 | 2(28) | 85(29) | 89(32) | 93(34) | 98(37) | 103(39) | 108(43) | 114(46) | 121(49) | 128(53) | 136(58) | | | | | |
| | 0 82 | 2(28) | 86(30) | 90(32) | 95(35) | 100(38) | 105(41) | 112(46) | 119(48) | 126(52) | 134(57) | | | | | | |
| edad | 5 84 | 4(29) | 88(31) | 92(33) | 97(36) | 103(39) | 109(43) | 116(47) | 124(51) | 132(56) | | | | | | | |
| 1 1 | 0 84 | 4(29) | 89(32) | 94(34) | 100(38) | 106(41) | 113(45) | 121(49) | 129(54) | | | | | | | | |
| = , | 85 84 | 4(29) | 90(32) | 96(36) | 102(39) | 110(43) | 117(47) | 126(52) | 135(57) | | | | | | | | |
| | 00 80 | 6(30) | 91(33) | 98(37) | 105(41) | 113(45) | 122(50) | 131(55) | | | | | | | | | |

Temperatura 'F ('O)

Probabilidad de un desorden por calor debido a la esposición prolongada o actividad agotadora



93(34)

95(35)

199(38) 108(42) 117(47)

103(39) 112(44) 121(49) 132(56)

Precaución extrema

127(53)





Este maierial fue producido bajo el subsidio numero SH-05051-SH8 de la administración ocupacional de seguridad y salud de departamento de E. U. del trabajo. No necesariamente refleja el punto de vista o las políticas del departamento de E. U. del trabajo tampoco la mención de nombres comerciales, productos o organizaciones implica aprobación de el Gobierno de E.U. Adoptado de NOAA [2012]



95

100

86(30)

87(31)

NOAA'S National Weather Service Heat Index

| | 2252227 | 0202017 | 2222233 | 22222 | 1222220 | man | | | 0.000223 | 1000201 | 11111111 | 0000000 | | | 11124332 | 12220322 |
|-----|---------|---------|---------|---------|---------|---------|---------|---------|----------|---------|----------|---------|---------|---------|----------|----------|
| | 80(27) | 82(28) | 84(29) | 86(30) | 88(31) | 90(32) | 92(34) | 94(34) | 96(36) | 98(37) | 100(38) | 102(39) | 104(40) | 106(41) | 108(43 | 110(47) |
| 40 | 80(27) | 81(27) | 83(28) | 85(29) | 88(31) | 91(33) | 94(34) | 97(36) | 101(38) | 105(41) | 109(43) | 114(46) | 119(48) | 124(51) | 130(54) | 136(58) |
| 45 | 80(27) | 82(28) | 84(29) | 87(31) | 89(32) | 93(34) | 96(36) | 100(38) | 104(40) | 109(43) | 114(46) | 119(48) | 124(51) | 130(50) | 137(58) | |
| 50 | 80(27) | 83(28) | 85(29) | 88(31) | 91(33) | 95(35) | 99(37) | 103(39) | 108(42) | 113(45) | 118(48) | 124(51) | 131(55) | 137(58) | | |
| 55 | 80(27) | 84(29) | 86(30) | 89(32) | 93(34) | 97(36) | 101(38) | 106(41) | 112(44) | 117(47) | 124(51) | 130(54) | 137(58) | | | |
| 60 | 82(28) | 84(29) | 88(31) | 91(33) | 95(35) | 100(38) | 105(41) | 110(43) | 116(47) | 123(51) | 129(54) | 137(58) | | | | |
| 65 | 82(28) | 85(29) | 89(32) | 93(34) | 98(37) | 103(39) | 108(43) | 114(46) | 121(49) | 128(53) | 136(58) | | | | | |
| 70 | 82(28) | 86(30) | 90(32) | 95(35) | 100(38) | 105(41) | 112(46) | 119(48) | 120(52) | 134(57) | | | | | | |
| 75 | 84(29) | 88(31) | 92(33) | 97(36) | 103(39) | 109(43) | 116(47) | 124(51) | 132(50) | | | | | | | |
| 80 | 84(29) | 89(32) | 94(34) | 100(38) | 106(41) | 113(45) | 121(49) | 129(54) | | | | | | | | |
| 85 | 84(29) | 90(32) | 96(36) | 102(39) | 110(43) | 117(47) | 126(52) | 135(57) | | | | | | | | |
| 90 | 86(30) | 91(33) | 98(37) | 105(41) | 113(45) | 122(50) | 131(55) | | | | | | | | | |
| 95 | 86(30) | 93(34) | 199(38) | 108(42) | 117(47) | 127(53) | | | | | | | | | | |
| 100 | 87(31) | 95(35) | 103(39) | 112(44) | 121(49) | 132(56) | | | | | | | | | | |

Temperature 'F ('C)

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

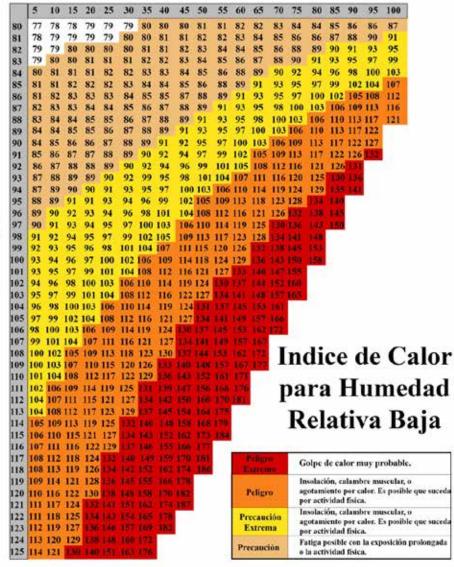
Caution Extreme Caution Danger Extreme Danger

Adapted from NOAA [2012]

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Humedad Relativa (%)



Adapted from NOAA and the National Weather Service

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Humedad Relativa (%)

| | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |
|------|-----|-----|-----|------|-------|-----|-----|------|------|-----|--------|------|----------------|------------|------|-------------------|-------|-------|------|-------------------|
| 80 | 77 | 78 | 78 | 79 | 79 | 79 | 80 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 86 | 87 |
| 81 | 78 | 79 | 79 | 79 | 79 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 85 | 86 | 86 | 87 | 88 | 90 | 91 |
| 82 | 79 | 79 | 80 | 80 | 80 | 80 | 81 | 81 | 82 | 83 | 84 | 84 | 85 | 86 | 88 | 89 | 90 | 91 | 93 | 95 |
| 83 | 79 | 80 | 80 | 81 | 81 | 81 | 82 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 90 | 91 | 93 | 95 | 97 | 99 |
| 84 | 80 | 81 | 81 | 81 | 82 | 82 | 83 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 94 | 96 | 98 | 100 | 103 |
| 85 | 81 | 81 | 82 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 88 | 89 | 91 | 93 | 95 | 97 | 99 | 102 | 104 | 107 |
| 86 | 81 | 82 | 83 | 83 | 83 | 84 | 85 | 85 | 87 | 88 | 89 | 91 | 93 | 95 | 97 | 100 | 102 | 105 | 108 | 112 |
| 87 | 82 | 83 | 83 | 84 | 84 | 85 | 86 | 87 | 88 | 89 | 91 | 93 | 95 | 98 | 100 | 103 | 106 | 109 | 113 | 116 |
| 88 | 83 | 84 | 84 | 85 | 85 | 86 | 87 | 88 | 89 | 91 | 93 | 95 | 98 | 100 | 103 | 106 | 110 | 113 | 117 | 121 |
| 89 | 84 | 84 | 85 | 85 | 86 | 87 | 88 | 89 | 91 | 93 | 95 | 97 | 100 | 103 | 106 | 110 | 113 | 117 | 122 | |
| 90 | 84 | 85 | 86 | 86 | 87 | 88 | 89 | 91 | 92 | 95 | 97 | 100 | 103 | 106 | 109 | 113 | 117 | 122 | 127 | |
| 91 | 85 | 86 | 87 | 87 | 88 | 89 | 90 | 92 | 94 | 97 | 99 | 102 | 105 | 109 | 113 | 117 | 122 | 126 | 132 | |
| 92 | 86 | 87 | 88 | 88 | 89 | 90 | 92 | 94 | 96 | 99 | 101 | 105 | 108 | 112 | 116 | 121 | 126 | 1.31 | | |
| 93 | 87 | 88 | 89 | 89 | 90 | 92 | 99 | 95 | 98 | 101 | 104 | 107 | 111 | 116 | 120 | 125 | 1.40 | 1.16 | | |
| 94 | 87 | 89 | 90 | 90 | 91 | 93 | 95 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 129 | 1.36 | 141 | | |
| 95 | 88 | 89 | 91 | 91 | 93 | 94 | 96 | 99 | 102 | 105 | 109 | 113 | 118 | 123 | 128 | 134 | 140 | | | |
| 96 | 89 | 90 | 92 | 93 | 94 | 96 | 98 | 101 | 104 | 108 | 112 | 116 | 121 | 126 | 132 | 138 | 145 | | | |
| 97 | 90 | 91 | 93 | 94 | 95 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 125 | 130 | 1.56 | 148 | 150 | | | |
| 98 | 91 | 92 | 94 | 95 | 97 | 99 | 102 | 105 | 109 | 113 | 117 | 123 | 128 | 1.34 | 141 | 148 | | | | |
| 99 | 92 | 93 | 95 | 96 | 98 | 101 | 104 | 107 | 111 | 115 | 120 | 126 | 1.88 | 138 | 145 | 153 | | | | |
| 100 | 93 | 94 | 96 | 97 | 100 | 102 | 106 | 109 | 114 | 118 | 124 | 129 | 1.36 | 143 | 1.50 | 158 | | | | |
| 101 | 93 | 95 | 97 | 99 | 101 | 104 | 108 | 112 | 116 | 121 | 127 | 138 | 140 | 147 | 155 | | | | | |
| 102 | 94 | 96 | 98 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 130 | 137 | 144 | 152 | 160 | | | | | |
| 103 | 95 | 97 | 99 | 101 | 104 | 108 | 112 | 116 | 122 | 127 | 134 | 141 | 148 | 157 | 165 | | | | | |
| 104 | 96 | 98 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 121 | 117 | 146 | 153 | 101 | | | | | | |
| 105 | 97 | 99 | 102 | 104 | 108 | 112 | 116 | 121 | 127 | 134 | 141 | 149 | 157 | 166 | | | | | | |
| 106 | 98 | 100 | 103 | 106 | 109 | 114 | 119 | 124 | 1.40 | 137 | inter- | 144 | 162 | 172 | | | | | | |
| 107 | 99 | 101 | 104 | 107 | m | 116 | 121 | 127 | 134 | 141 | 149 | 157 | 107 | - | | | | | - | ~ . |
| 108 | 100 | 102 | 105 | 109 | 113 | 118 | 123 | 130 | 137 | 144 | 153 | 162 | 172 | | n | di | Ce | | e | Calo |
| 109 | 100 | 103 | 107 | 110 | 115 | 120 | 126 | 133 | 140 | 148 | 157 | 167 | 177 | - | | ur | ~ | 1 | 10 | Calo |
| 110 | 101 | 104 | 108 | 112 | 117 | 122 | 129 | 136 | 140 | 151 | 101 | 171 | | | | | 1 | TT I | | 1 |
| ш | 102 | 106 | 109 | 114 | 119 | 125 | 131 | 1.40 | 147 | 156 | 106 | 176 | | T | 12 | ra | | HI | ur | neda |
| 112 | 104 | 107 | ш | 115 | 121 | 127 | 134 | 142 | 150 | 160 | 1.10 | 1991 | | | | | | | | |
| 113 | 104 | 108 | 112 | 117 | 123 | 129 | 137 | 145 | 154 | 164 | 178 | | | | D | ~1 | ~ | ÷ | 10 | Data |
| 114 | 105 | 109 | 113 | 119 | 125 | 132 | 140 | 148 | 158 | 168 | 179 | | | | K | er | a | 1 | a | Baja |
| 115 | 106 | 110 | 115 | 121 | 127 | 134 | 145 | 152 | 162 | 173 | 184 | | | | | | | | | |
| 116 | 107 | ш | 116 | 122 | 129 | 110 | 140 | 155 | 100 | 177 | 1 | _ | | | | | | | | |
| 117 | 108 | 112 | 118 | 124 | 132 | 140 | 149 | 1.09 | 170 | 181 | | | cliga | | G | olne d | le ca | lor m | uv m | obable. |
| 118 | 108 | 113 | 119 | 126 | 134 | 142 | 197 | 162 | 174 | 186 | | 1 | a de perte | 1 7 | | 24022 | | | | 200000000 |
| 119 | 109 | 114 | 121 | 128 | 136 | 相称 | 155 | 160 | 1.78 | | | 1.1 | | | | | | | | scular, o |
| 120 | 110 | 116 | 122 | 130 | 128 | 148 | 158 | 170 | 182 | | | 1 | elign | 9 | | otami or activ | | | | s posible que suc |
| 121 | m | 117 | 124 | | | 100 | 100 | 1.14 | 187 | | | - | | | | | | | | scular, o |
| 122 | III | 118 | 125 | | | 1 | 165 | | | | | | ecauc stren | | | | | | | s posible que su |
| 122 | | | | | | | | | | | | | | | | 10 C 14 B | | | | |
| 1252 | 112 | 120 | 129 | 1.00 | 1.1.1 | | - | - | | | | | | | | or acti | | | | osición prolonga |

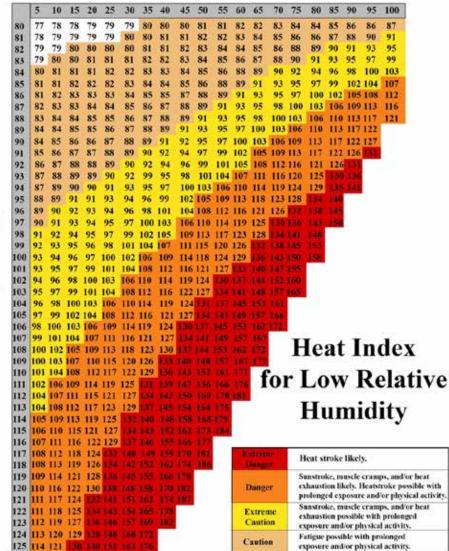
Adapted from NOAA and the National Weather Service

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Femperatura (F)



Relative Humidity (%)



Adapted from NOAA and the National Weather Service

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Temperature ('F)

Relative Humidity (%)

| | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |
|----------------|--------------------------|-----|-------------------|-------|-------|-------------------|------|-----------|-------|------|------|-------|------------------|------|----------|---------|-----------------|-------------------|------------------|--------------------------------------|
| 80 | 77 | 78 | 78 | 79 | 79 | 79 | 80 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 86 | 87 |
| 81 | 78 | 79 | 79 | 79 | 79 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 85 | 86 | 86 | 87 | 88 | 90 | 91 |
| 82 | 79 | 79 | 80 | 80 | 80 | 80 | 81 | 81 | 82 | 83 | 84 | 84 | 85 | 86 | 88 | 89 | 90 | 91 | 93 | 95 |
| 83 | 79 | 80 | 80 | 81 | 81 | 81 | 82 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 90 | 91 | 93 | 95 | 97 | .99 |
| 84 | 80 | 81 | 81 | 81 | 82 | 82 | 83 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 94 | 96 | 98 | 100 | 103 |
| 85 | 81 | 81 | 82 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 88 | 89 | 91 | 93 | 95 | 97 | 99 | 102 | 104 | 107 |
| 86 | 81 | 82 | 83 | 83 | 83 | 84 | 85 | 85 | 87 | 88 | 89 | 91 | 93 | 95 | 97 | 100 | 102 | 105 | 108 | 112 |
| 87 | 82 | 83 | 83 | 84 | 84 | 85 | 86 | 87 | 88 | 89 | 91 | 93 | 95 | 98 | 100 | 103 | 106 | 109 | 113 | 116 |
| 88 | 83 | 84 | 84 | 85 | 85 | 86 | 87 | 88 | 89 | 91 | 93 | 95 | 98 | 100 | 103 | 106 | 110 | 11.3 | 117 | 121 |
| 89 | 84 | 84 | 85 | 85 | 86 | 87 | 88 | 89 | 91 | 93 | 95 | 97 | 100 | 103 | 106 | 110 | 113 | 117 | 122 | |
| 90 | 84 | 85 | 86 | 86 | 87 | 88 | 89 | 91 | 92 | 95 | 97 | 100 | 103 | 106 | 109 | 113 | 117 | 122 | 127 | |
| 91 | 85 | 86 | 87 | 87 | 88 | 89 | 90 | 92 | 94 | 97 | 99 | 102 | 105 | 109 | 113 | 117 | 122 | 126 | 13.5 | |
| 92 | 86 | 87 | 88 | 88 | 89 | 90 | 92 | 94 | 96 | 99 | 101 | 105 | 108 | 112 | 116 | 121 | 126 | 131 | | |
| 93 | 87 | 88 | 89 | 89 | 90 | 92 | 99 | 95 | 98 | 101 | 104 | 107 | 111 | 116 | 120 | 125 | 130 | 1,16 | | |
| 94 | 87 | 89 | 90 | 90 | 91 | 93 | 95 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 129 | 1.85 | 141 | | |
| 95 | 88 | 89 | 91 | 91 | 93 | 94 | 96 | 99 | 102 | 105 | 109 | 113 | 118 | 123 | 128 | 1.34 | 140 | 1 | | |
| 96 | 89 | 90 | 92 | 93 | 94 | 96 | 98 | 101 | 104 | 108 | 112 | 116 | 121 | 126 | 133 | 1.48 | 140 | | | |
| 97 | 90 | 91 | 93 | 94 | 95 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 125 | 130 | 110 | 1.48 | 150 | | | |
| 98 | 91 | 92 | 94 | 95 | 97 | 99 | 102 | 105 | 109 | 113 | 117 | 123 | 128 | 1.34 | 141 | 148 | | | | |
| 99 | 92 | 93 | 95 | 96 | 98 | 101 | 104 | 107 | ш | 115 | 120 | 126 | 132 | 138 | 145 | 123 | | | | |
| 100 | 93 | 94 | 96 | 97 | 100 | 102 | 106 | 109 | 114 | 118 | 124 | 129 | 136 | 143 | 1.20 | 1.58 | | | | |
| 101 | 93 | 95 | 97 | 99 | 101 | 104 | 108 | 112 | 116 | 121 | 127 | 144 | 140 | 147 | ise. | | | | | |
| 102 | 94 | 96 | 98 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 130 | 1.17 | 144 | 141 | 160 | | | | | |
| 103 | 95 | 97 | 99 | 101 | 104 | 108 | 112 | 116 | 122 | 127 | 134 | 141 | 148 | 157 | 105 | | | | | |
| 104 | 96 | 98 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 131 | | 148 | 444 | 101 | | | | | | |
| 105 | 97 | 99 | 102 | 104 | 108 | 100.0 | 116 | 121 | 127 | 1.34 | 141 | 149 | 100 | 100 | | | | | | |
| 10000 | | 100 | 103 | 106 | 109 | 114 | | 124 | 120 | | THE. | 144 | 162 | 122 | | | | | | |
| 107 | | 101 | 104 | 107 | m | 116 | 121 | 127 | 134 | 141 | 146 | 141 | 167 | 1 | T | I. | | - T | - | dex |
| 10000 | 100 | 102 | 105 | 109 | 113 | 118 | 123 | 130 | | 111 | 124 | 102 | 173 | | | le | aı | . 1 | п | uex |
| 10/16 | 100 | 103 | 107 | 110 | 115 | 120 | 126 | 1.55 | 140 | 194 | 1.57 | 107 | 1.10 | | | | | | 10110 | |
| | 101 | 104 | 108 | 112 | 117 | | - | | | | | 1.1 | f | 0 | r l | 6 | 11 | V | R, | elativ |
| 10.00 | 102 | 106 | 109 | 114 | 119 | 125 | 1.11 | 1.52 | 11 | 144 | 166 | 176 | | U. | | | | | | laury |
| 1000 | 104 | 107 | III | 115 | 121 | 127 | | 1 | 120 | 100 | | 181 | | | | T | | | | |
| 10.55 | 104 | 108 | | | 123 | 129 | 1.00 | 146 | 194 | 104 | 174 | | | | | HI | III | nı | d | ity |
| 14 | 105 | 109 | 100 | 119 | 125 | 100 | 140 | 148 | 198 | 168 | 12 | | | | 1 | 100 | | | | |
| 115 | 106 | 110 | 115 | 1000 | 127 | 12 | | | and a | | 184 | | | | | | | | | |
| 10.02 | 107 | m | 116 | 122 | - | | 140 | 12 | 100 | 14 | | | | | _ | | | | | |
| 1000 | 108 | 112 | 118 | 124 | 1000 | 140 | 149 | | 174 | 181 | | | Siliter Rengi | | H | leat st | troke | likel | у. | |
| 118 | 100 | 114 | 121 | | | | 155 | 166 | and a | | | - | | | | 1.500 | | in the | | and the base |
| 119 | 105 | | 141 | 128 | | 140 | 1.00 | 10000 | 182 | | | | hanna | | | | | | | ps, and/or heat roke possible wit |
| | 110 | 110 | 122 | 130 | | | 1 | 1.00 | | | | | Dange | | | | | | | or physical activ |
| 202 | | | 124 | 1.0 | | 100 | 162 | 14 | 100 | | | | | | | | | • | | |
| 120 | | 110 | 120 | 1.1.1 | 1.1.4 | 1000 | 100 | A COMPANY | | | | 1.000 | a second | | - 34 | 0112010 | вс, ш | rascie | cram | ps, and/or heat |
| 121 | | 118 | 125 | | 143 | 154 | 165 | 178 | | | | 1.17 | xtren | | • | haust | ion p | ossibl | e with | prolonged |
| 21 22 23 | 111 111 112 113 | 118 | 125 127 129 | 134 | 143 | 154 157 160 | 160 | 178 | | | | 1.17 | xtren autic | | e7 e7 | ahaust | ion pe e and | ossibi L'or pi | e with hysica | |

Adapted from NOAA and the National Weather Service

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Femperature (F)

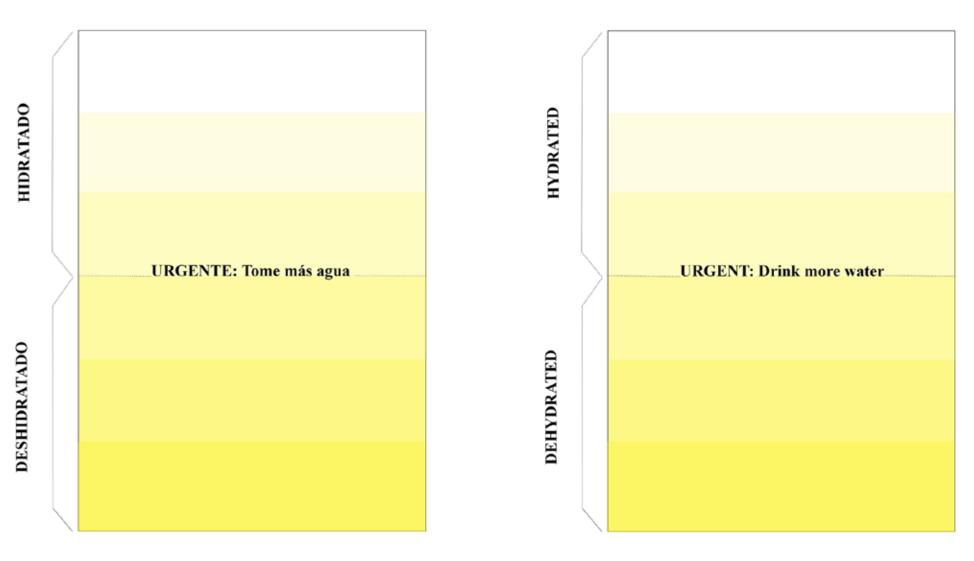


Gráfica de orina ¿Estas hidratado?

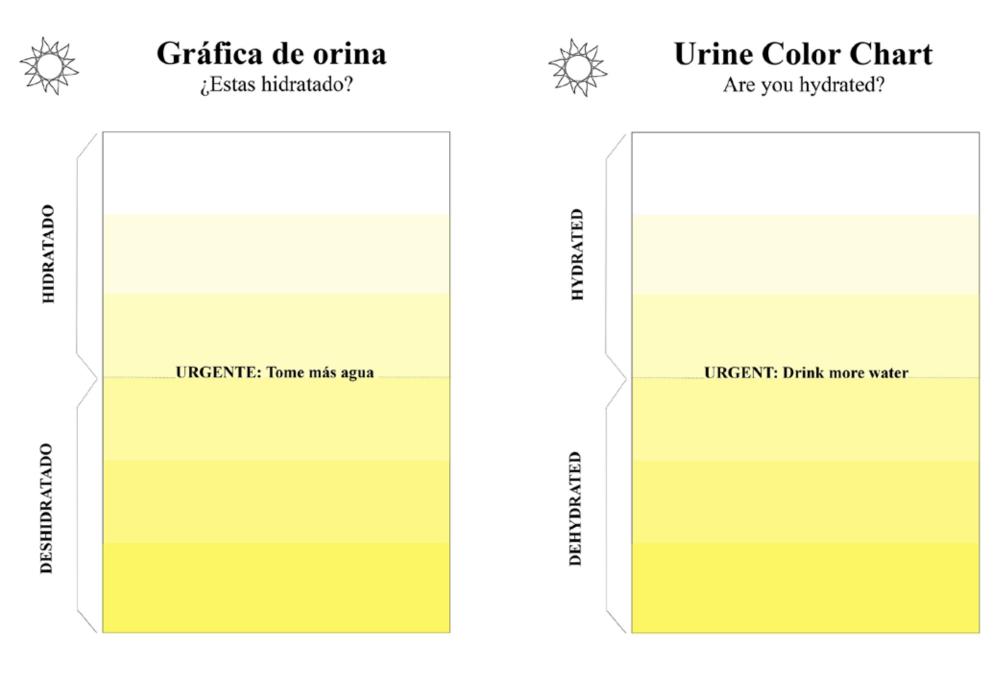


Urine Color Chart

Are you hydrated?



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