

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 | |
| 32 | 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 | 131 | | | |
| 93 | 87 | 88 | 89 | 89 | 90 | 92 | 99 | 95 | 98 | 101 | 104 | 107 | 111 | 116 | 120 | 125 | 130 | 136 | | | |
| 94 | 87 | 89 | 90 | 90 | 91 | 93 | 95 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 129 | 135 | 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 | 136 | 143 | 150 | | | | |
| 98 | 91 | 92 | 94 | 95 | 97 | 99 | 102 | 105 | 109 | 113 | 117 | 123 | 128 | 134 | 141 | 148 | | | | | |
| 99 | 92 | 93 | 95 | 96 | 98 | 101 | 104 | 107 | 111 | 115 | 120 | 126 | 132 | 138 | 145 | 153 | | | | | |
| 00 | 93 | 94 | 96 | 97 | 100 | 102 | 106 | 109 | 114 | 118 | 124 | 129 | 136 | 143 | 150 | 158 | | | | | |
| 01 | 93 | 95 | 97 | 99 | 101 | 104 | 108 | 112 | 116 | 121 | 127 | 133 | 140 | 147 | 155 | | | | | | |
| 02 | 94 | 96 | 98 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 130 | 137 | 144 | 152 | 160 | | | | | | |
| 03 | 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 | 131 | 137 | 145 | 153 | 161 | | | | | | | |
| 05 | 97 | 99 | 102 | 104 | 108 | 112 | 116 | 121 | 127 | 134 | 141 | 149 | 157 | 166 | | | | | | | |
| 106 | | 100 | 103 | 106 | 109 | 114 | 119 | 124 | 130 | 137 | 145 | 153 | 162 | 172 | ı | | | | | | |
| 07 | 99 | 101 | 104 | 107 | 111 | 116 | 121 | 127 | 134 | 141 | 149 | 157 | 167 | | T | T _ | -4 | . Т | - | J | |
| 108 | 100 | 102 | 105 | 109 | 113 | 118 | 123 | 130 | 137 | 144 | 153 | 162 | 172 | | | Le. | ત્રા | | П | de | X |
| 09 | 100 | | 107 | 110 | 115 | | 126 | 133 | 140 | 148 | 157 | 167 | 177 | | | | | | | | |
| 10 | | 104 | | 112 | 117 | | 129 | 136 | 143 | 152 | 161 | 171 | f | 'n | r I | | K Z | 7 | $\mathbf{Q}_{\boldsymbol{\lambda}}$ | ela | tix |
| 11 | | 106 | | 114 | 119 | 125 | 131 | 139 | 147 | 156 | 166 | 176 | I | U | | | , , | , | 7 | JIA | LIV |
| 12 | | | | | 121 | 127 | 134 | 142 | 150 | 160 | 170 | 181 | | | | | | | | • , | |
| 13 | | 108 | | | 123 | 129 | 137 | 145 | 154 | 164 | 175 | | | | | Hт | ır | ni | ıd. | ity | |
| 14 | 105 | 109 | | 119 | 125 | 132 | 140 | 148 | 158 | 168 | 179 | | | | | | ~ 1 | | | J | |
| 15 | 106 | 110 | 115 | | 127 | 134 | 143 | 152 | 162 | 173 | 184 | | | | | | | | | | |
| 16 | 107 | 111 | 116 | 122 | 127 | 137 | 146 | 155 | 166 | 177 | | | | | | | | | | | |
| 17 | 108 | | 118 | | | 140 | 149 | 159 | 170 | 181 | | | xtrem | | Н | eat st | roke | likel | y. | | |
| 18 | 108 | | 119 | 126 | | 142 | 152 | 162 | 174 | 186 | ı | |)ange | r | | | | | | | |
| 19 | 109 | | 121 | 128 | | 145 | 155 | 166 | 178 | | | | | | | | | | | ps, and/o | |
| 20 | | 116 | 122 | 130 | | 148 | 158 | 170 | 182 | | | I | Dange | r | | | | | | roke po /or phys | |
| 21 | | 117 | 124 | 132 | 141 | 151 | 162 | 174 | 187 | | | | | | - | | | • | | ps, and/ | |
| 22 | 111 | 118 | 125 | 134 | 1.00 | 154 | 165 | 178 | | | | | xtren | | 1 | | | | | prolong | |
| 23 | | 119 | | | | 157 | | 182 | ı | | | (| Cautio | n | | | | | | lactivit | |
| 24 | 113 | | 129 | | 148 | 160 | | | | | | 0 | autio | n | | | | | | olonged | |
| 25 | 114 | 121 | 130 | 140 | 151 | 163 | 176 | | | | | | autio | ** | ex | posur | e and | /or pl | hysica | l activity | y. |

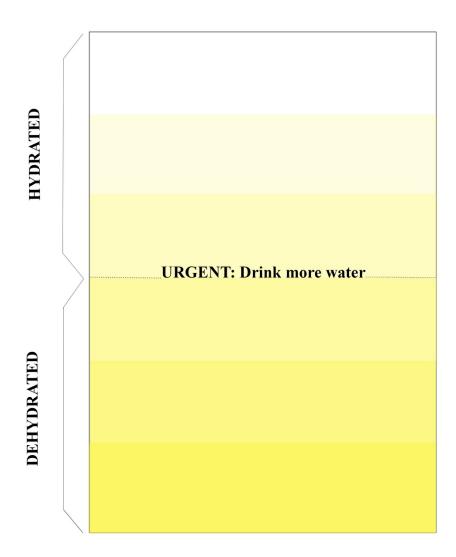
Adapted from NOAA and the National Weather Service

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.



Urine Color Chart

Are you hydrated?

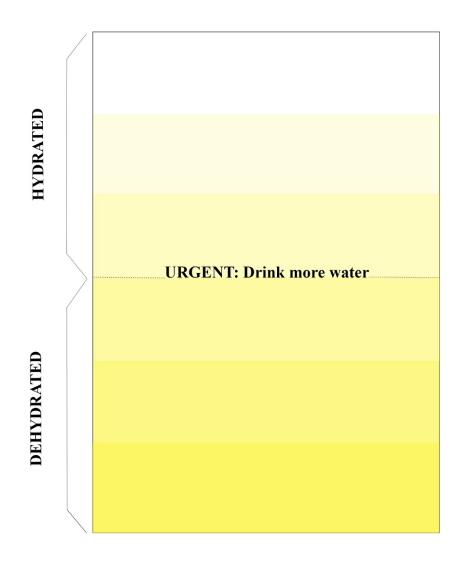


This material was produced under grant number SH05051SH8 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply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



Urine Color Chart

Are you hydrated?



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.



Relative Humidity (%)

| \ | \mathcal{M} | | | | | | | 1 | Keia | uv | C II | uIII | ııuı | ty (| /0) | | | | | | | |
|------------|---------------|----------|-----------|-----------|-----|------------|------------|-----|------------|------------|------|------|------|------------|----------|-----|---------|-------|------------|------|---------------------|-------------|
| | | 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 | | 103 | 106 | 110 | | | 121 | |
| | 89 | 84 | 84 | 85 | 85 | 86 | 87 | 88 | 89 | 91 | 93 | 95 | 97 | 100 | _ | 106 | 110 | 113 | | | | |
| | 90 | 84 | 85 | 86 | 86 | 87 | 88 | 89 | 91 | 92 | 95 | 97 | 100 | 103 | 106 | | 113 | | 122 | | | |
| | 91 | 85 | 86 | 87 | 87 | 88 | 89 | 90 | 92 | 94 | 97 | 99 | 102 | 105 | 109 | | 117 | | 126 | 132 | | |
| | 92 | 86 | 87 | 88 | 88 | 89 | 90 | 92 | 94 | 96 | 99 | | 105 | 108 | | 116 | 121 | 126 | | | | |
| | 93 | 87 | 88 | 89 | 89 | 90 | 92 | 99 | 95 | 98 | 101 | 104 | 107 | 111 | | 120 | 125 | | 136 | | | |
| | 94 | 87 | 89 | 90 | 90 | 91 | 93 | 95 | 97 | | 103 | 106 | | 114 | | 124 | 129 | | 141 | ı | | |
| | 95 | 88 | 89 | 91 | 91 | 93 | 94 | 96 | 99 | | | 109 | | | 123 | | 134 | 140 | | | | |
| | 96 | 89 | 90 | 92 | 93 | 94 | 96 | 98 | 101 | | 108 | | 116 | | 126 | | 138 | 145 | | | | |
| | 97 | 90 | 91 | 93 | 94 | 95 | 97 | 100 | | | 110 | | 119 | | | 136 | 143 | 150 | | | | |
| | 98 | 91 | 92 | 94 | 95 | 97 | 99 | 102 | | | 113 | | | | 134 | 141 | 148 | | | | | |
| | 99 | 92 | 93 | 95 | 96 | 98 | | 104 | | | | | | 132 | | | 153 | | | | | |
| emperature | 100 | 93 | 94 | 96 | 97 | 100 | 102 | | 109 | | | | | 136 | 143 | 150 | 158 | | | | | |
| | 101 | 93 | 95 | 97 | 99 | 101 | 104 | | 112 | | | 127 | 133 | 140 | | | | | | | | |
| _ | 102 | 94 | 96 | 98 | 100 | | 106 | | 114 | 119 | 124 | 130 | 13/ | 144 | 152 | 160 | | | | | | |
| | 103 104 | 95 96 | 97 98 | 99 100 | 101 | 104 | 108 | | 116 | | 127 | 134 | 141 | | | 165 | | | | | | |
| 4 | 104 | 97 | 99 | 100 | | 106 | | 114 | 119 | 124 127 | | 137 | 140 | 153 | 161 | | | | | | | |
| | 106 | 10.0 | 100 | 102 | | 108 109 | 112 114 | | 121 124 | 130 | 134 | 141 | 149 | 157 162 | 172 | | | | | | | |
| | 107 | | | 103 | | | 116 | | 127 | 134 | 141 | 149 | 157 | 167 | 1/4 | ١ | | | | | _ | |
| | 108 | 7.7 | | 105 | - | | 118 | 123 | 130 | 137 | 144 | 153 | 162 | 172 | | Г | Δ. | at | . I | n | de | V |
| | 109 | | 103 | | | 115 | | 126 | 133 | 140 | 148 | 157 | 167 | 177 | | 1. | | aı | | 11, | uc. | A |
| | 110 | | 103 | | 112 | | 122 | 129 | | 143 | 152 | 161 | 171 | _ | | - | r | | - | | | . • |
| | 111 | | | 109 | | | 125 | 131 | 139 | 147 | 156 | 166 | 176 | lt | 0 | r | | N | 7 | KE | ela | tiv |
| | 112 | | 107 | | 115 | | 127 | 134 | 142 | 150 | 160 | 170 | 181 | _ | | | | | _ | | | |
| | 113 | | 108 | | 117 | | 129 | 137 | 145 | 154 | 164 | 175 | | | | 1 | U. | | ~ : | 1 | 4. | r |
| | 114 | 105 | 109 | 113 | 119 | 125 | 132 | 140 | 148 | 158 | 168 | 179 | | | | | LL | LL. | Ш | lu. | ity | |
| | 115 | 106 | 110 | 115 | 121 | 127 | 134 | 143 | 152 | 162 | 173 | 184 | | | | | | | | | • | |
| | 116 | 107 | 111 | 116 | 122 | 129 | 137 | 146 | 155 | 166 | 177 | | | | | | | | | | | |
| | 117 | 108 | 112 | 118 | 124 | 132 | 140 | 149 | 159 | 170 | 181 | | E | xtren | 1e | 1 | [aa4 a4 | | 191 | | | |
| | 118 | 108 | 113 | 119 | 126 | 134 | 142 | 152 | 162 | 174 | 186 | | | ange | | н | leat st | roke | likei | у. | | |
| | 119 | 109 | 114 | 121 | 128 | 136 | 145 | 155 | 166 | 178 | | | | | | S | unstro | ke, m | uscle | cram | os, and/ | or heat |
| | 120 | 110 | 116 | 122 | 130 | 138 | 148 | 158 | 170 | 182 | | | I | Dange | er | | | | | | | ssible with |
| | 121 | 111 | 117 | 124 | 132 | 141 | 151 | 162 | 174 | 187 | | | | | | - | | | • | | | ical activi |
| | 122 | 111 | 118 | 125 | 134 | 143 | 154 | 165 | 178 | | | | E | xtrer | ne | | | | | | | or heat |
| | 123 | 112 | 119 | 127 | 136 | 146 | 157 | 169 | 182 | | | | (| Cautio | on | | | | | | prolon l activit | |
| | 124 | 113 | 120 | 129 | 138 | 148 | 160 | 172 | | | | | _ | | | | • | | | • | olonged | • |
| | 125 | 114 | 121 | 130 | 140 | 151 | 163 | 176 | | | | | C | autio | n | | | | | | l activit | |
| | | | | | | | | | | | | | | | | | | | | | | |

Adapted from NOAA and the National Weather Service

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.