



HEAT SAFETY INDEX*

*The Heat Safety Index should be used only as a guide and should not replace self-monitoring and individual needs.

| “Feels-Like” Temperature (includes humidex) | Exercise Recommendations |
|--|--|
| $\leq 28^{\circ}\text{C}$ | Follow regular exercise precautions |
| 29°C to 38°C | Caution: follow tips for exercising in heat |
| 39°C to 45°C | Avoid exercise; exercise in air-controlled environment |
| $\geq 45^{\circ}\text{C}$ | Limit exposure for all activity |



Central East

**REGIONAL
CARDIOVASCULAR
REHAB**