Heat Safety & Air Quality Index

HEAT SAFETY INDEX
To use this scale, look for the air temperature along the bottom of the scale and the percentage of humidity along the left-hand border. The intersecting points will identify one of four zones.

Your Action Steps for Exercise for Each Heat Safety Zone

**Safe**
- Exercise as usual
- Safe to exercise outdoors

**Alert**
- Decrease your exercise intensity
- Watch for symptoms

**Danger**
- No outdoor exercise

**Emergency**
- Avoid going outdoors

*From: Take Heart, 2004; Dr. T. Kavanagh*
Air Quality Health Index

When you check the weather report for air quality, look for:

- The Air Quality Health Index (AQHI)

Air pollution can be measured by the AQHI. This index tells you the level of common air pollutants. In Ontario, the range for the index is 0 to 10. The lower the number, the better the air quality. If you live outside of Ontario, go to your local public health website to find out how your area lists the air quality index.

![Air Quality Index Chart]

Your Action Steps for Exercise for Each Air Quality Range:

- **Low Risk** 1 to 3
  - Exercise as usual
  - Safe to exercise outdoors

- **Moderate Risk** 4 to 6
  - Decrease your exercise intensity
  - Watch for symptoms
  - Consider rescheduling your outdoor exercise

- **High Risk** 7 to 10
  - No outdoor exercise

- **Very High Risk** above 10
  - Avoid going outdoors

The Weather Network or Environment Canada can give you up to date weather conditions (including the air quality) for the day:

[www.theweathernetwork.com](http://www.theweathernetwork.com) or [www.weather.gc.ca/forecast](http://www.weather.gc.ca/forecast) or [www.airqualityontario.com](http://www.airqualityontario.com)