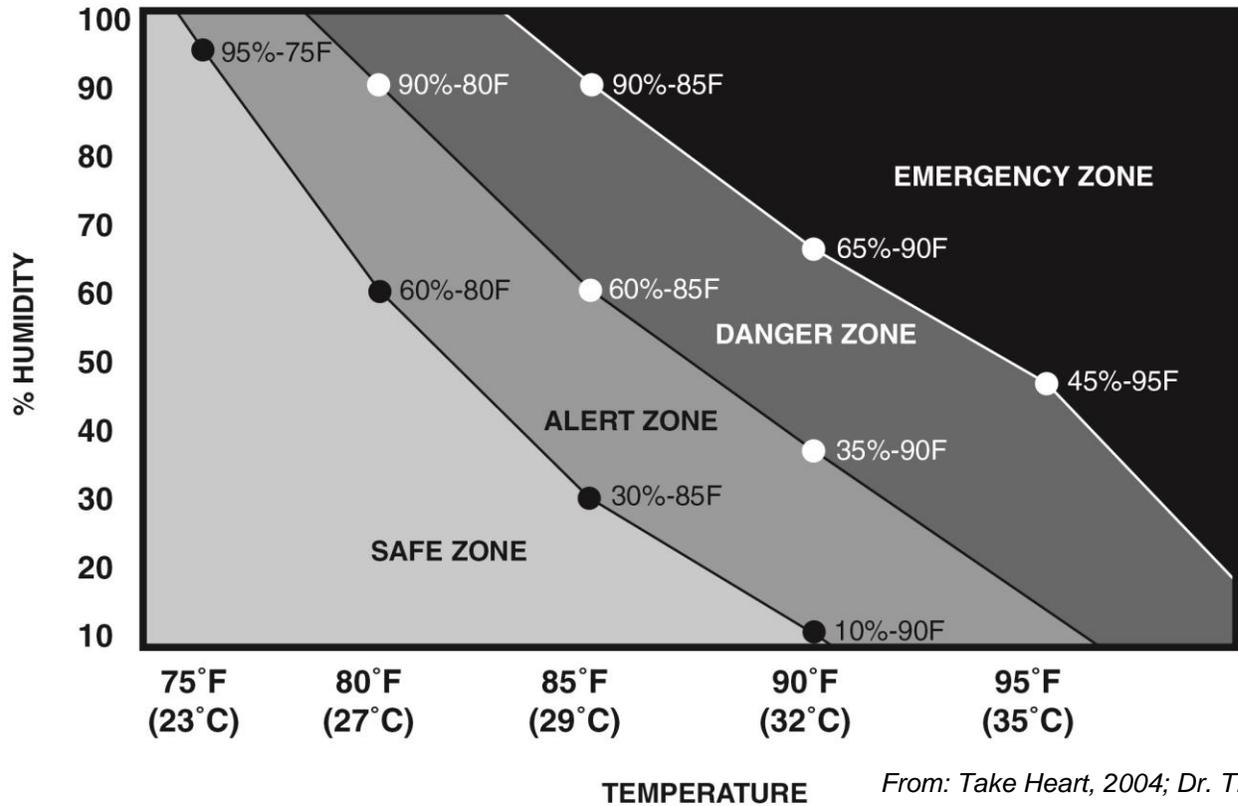




HEAT SAFETY INDEX

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

