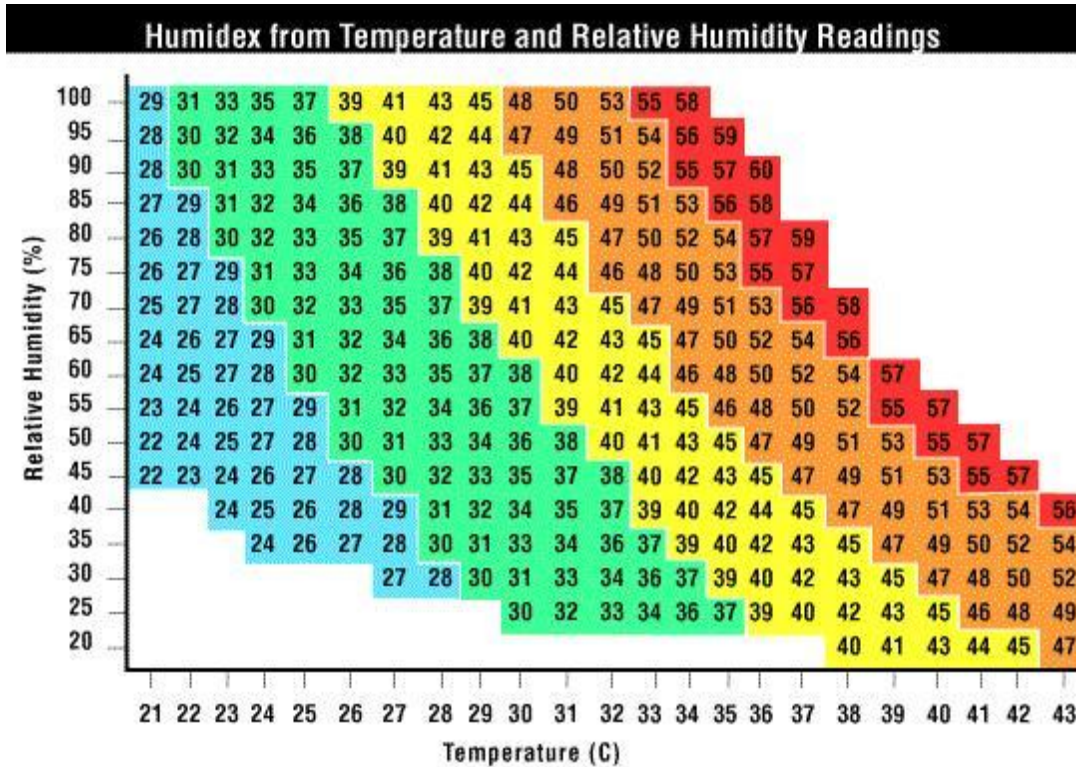




# HEAT STRESS – HUMIDEX CHART



LEGEND	HUMIDEX RANGE	DEGREE OF COMFORT
<span style="background-color: #e0f0ff; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	Less than 29	No discomfort
<span style="background-color: #e0ffe0; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	30 - 39	Some discomfort
<span style="background-color: #ffffe0; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	40 - 45	Great discomfort; avoid exertion
<span style="background-color: #ffe0e0; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	Above 45	Dangerous
<span style="background-color: #ff8080; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	Above 54	Heat Stroke imminent

Courtesy: <http://accuracyproject.org/humidex.jpg>

Heat stress during running is related to temperature **and** humidity. The humidex chart is a heat stress indicator

So, if the temperature is a “mild” 26°C, but the relative humidity is 80%, it could feel like it is 35°C, so the heat stress for this day would be greater than a 30°C day with low humidity!!

Thus, the necessary precautions **must** be taken to prevent heat related conditions. Reduce your pace by 20-40 seconds/mile for days with high humidex values