



| Action | | | | | | | | |
|--------------------|--|--|---|---|--|---|--|--|
| Current Heat Index | Indoor | | Outdoor | | | | | |
| | Non-AC Housing | Classrooms | Athletics/ Outdoor Recreation | | Other | | | |
| | | | Court-Top Activities | Open Field Activities | Outdoor Workers/ Volunteers | Livestock | High-Risk Individuals | Children |
| 50-74 | No Action Required | No Action Required | No Action Required | No Action Required | No Action Required | No Action Required | No Action Required | No Action Required |
| 75-79 | No Action Required | Students may start to feel uncomfortable, may have trouble focusing | Re-check heat index every 30 minutes. | No Action Required | No Action Required | No Action Required | No Action Required | No Action Required |
| 80-84 | No Action Required | Students may start to feel uncomfortable, may have trouble focusing | Re-check heat index every 30 minutes. | Re-check heat index every 30 minutes. | Frequent water breaks | Measures should be taken to reduce heat stress in confined spaces or livestock trailers | Limit exposure to heat, monitor health closely, follow direction of doctor/medication | Monitor children for symptoms of heat stroke, take frequent water breaks, encourage children to rest |
| 85-89 | No Action Required | Students are likely to struggle to focus, consider moving/cancelling class | Mandatory water breaks every 30 minutes for 10-minute time frames. Provide ice-down tub, towels, and ample water | Re-check heat index every 30 minutes. | Frequent water breaks | Dangerous for confined animals, use caution when working or transporting livestock | Limit exposure to heat, monitor health closely, follow direction of doctor/medication | Monitor children for symptoms of heat stroke, take frequent water breaks, encourage children to rest |
| 90-94 | Consider distributing supplies to help students stay cool | Students are likely to struggle to focus, consider moving/cancelling class | Mandatory water breaks every 30 minutes for 10-minute time frames. Provide ice-down tub, towels, and ample water | Re-check heat index every 30 minutes. | Consider starting the workday earlier, cycle inside and outside work to limit exposure to heat | Dangerous for confined animals, use caution when working or transporting livestock | Limit exposure to heat, monitor health closely, follow direction of doctor/medication | Significant health risks, stop all outside activities and play |
| 95-99 | Consider distributing supplies to help students stay cool | Students are likely to struggle to focus, consider moving/cancelling class | Mandatory water breaks every 30 minutes for 10-minute time frames. Provide ice-down tub, towels, and ample water | Mandatory water breaks every 30 minutes for 10-minute time frames. Provide ice-down tub, towels, and ample water | Consider starting the workday earlier, cycle inside and outside work to limit exposure to heat | Dangerous for confined animals, use caution when working or transporting livestock | Extreme caution required, remain inside and monitor health closely, follow direction of doctor/medication | Significant health risks, stop all outside activities and play |
| 100-104 | Offer alternative sleeping arrangements with air conditioning for students to sleep in | Students are likely to struggle to focus, consider moving/cancelling class | Extreme caution required, stop all outside work and activities | Mandatory water breaks every 30 minutes for 10-minute time frames. Provide ice-down tub, towels, and ample water | Extreme caution required, stop all outside work and activities | Livestock should not be worked or transported | Extreme caution required, remain inside and monitor health closely, follow direction of doctor/medication | Significant health risks, stop all outside activities and play |
| 105+ | Offer alternative sleeping arrangements with air conditioning for students to sleep in | Students are likely to struggle to focus, consider moving/cancelling class | Extreme caution required, stop all outside work and activities | Extreme caution required, stop all outside activity including practice or play | Extreme caution required, stop all outside work and activities | Livestock should not be worked or transported | Extreme caution required, remain inside and monitor health closely, follow direction of doctor/medication | Significant health risks, stop all outside activities and play |

RED text indicates required actions BLACK text indicates recommended actions based on comfort

An article written by The Diamondback identified precedents of action taken by Resident Life during high heat events.

Our heated room experiment as well as the classroom surveys identify how students interact to heat index in a classroom setting.

Maryland high-school student athlete policies identify the action required for each heat index.
The Associated Press identifies court-top surfaces can be 10 – 15 degrees hotter than the air temperature.

The National Weather Service Heat Index identifies precautionary values and when action should be implemented.

The National Farm Animal Care Council identifies when livestock is in danger.

The National Integrated Heat Health Information System identifies recommendations for people with disabilities and people with chronic health conditions.

The American Academy of Pediatrics identifies tips on keeping children safe during higher temperatures.