

The Heat Stress Index (HI) is the temperature the body feels when heat and humidity are combined.

This chart gives a general guide to the Heat Stress Index and can be used as a guide, remember that lack of hydration, age, fitness and weight of the canine play a part in the ability to cope in hot and humid conditions. Also remember that heat illness can occur at lower temperatures than indicated on the chart.

- Across the top of the chart is the humidity
- Down the left side of the chart is the air temperature in Fahrenheit
- By following across and down you will locate the Heat Stress Index.
- The color gives a guide to the exercise levels
- When the heat index orange dogs should not be exercised for more than 20 minutes.
- When the heat index reaches red dogs should not be exercised for more than 10 minutes.
- When the heat index reaches black the canines should not be exercised.

	Humidity (%)																
Temp (F)	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
40	7	8	8	9	10	10	11	11	12	13	13	14	15	15	16	17	17
42	8	9	10	10	11	12	12	13	14	15	15	16	17	17	18	19	19
44	10	10	11	12	13	13	14	15	16	16	17	18	19	19	20	21	22
46	11	12	13	13	14	15	16	17	17	18	19	20	21	22	22	23	24
48	12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	26	26
50	14	15	16	17	18	18	19	20	21	22	23	24	25	26	27	28	29
52	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	32
54	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34
56	18	19	20	22	23	24	25	26	28	29	30	31	32	33	35	36	37
58	20	21	22	23	25	26	27	28	30	31	32	34	35	36	37	39	40
60	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42	43
62	23	24	25	27	28	30	31	33	34	36	37	39	40	42	43	45	46
64	24	26	27	29	30	32	34	35	37	38	40	42	43	45	46	48	50
66	26	27	29	31	32	34	36	38	39	41	43	44	46	48	50	51	53
68	27	29	31	33	35	36	38	40	42	44	46	47	49	51	53	55	57
70	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61
72	31	33	35	37	39	41	43	45	47	50	52	54	56	58	60	62	65
74	32	35	37	39	41	44	46	48	50	53	55	57	59	62	64	66	69
76	34	36	39	41	44	46	48	51	53	56	58	61	63	66	68	71	73
78	36	38	41	44	46	49	51	54	56	59	62	64	67	70	72	75	78
80	38	40	43	46	49	51	54	57	60	63	65	68	71	74	77	80	82
82	40	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	88
84	41	45	48	51	54	57	60	64	67	70	73	76	80	83	86	90	93
86	43	47	50	53	57	60	64	67	70	74	77	81	84	88	91	95	98
88	45	49	53	56	60	63	67	71	74	78	82	85	89	93	97	100	104
90	47	51	55	59	63	67	70	74	78	82	86	90	94	98	102	106	110
92	50	54	58	62	66	70	74	78	83	87	91	95	100	104	108	113	117
94	52	56	60	65	69	74	78	82	87	91	96	101	105	110	114	119	124
96	54	59	63	68	72	77	82	87	92	96	101	106	111	116	121	126	131
98	56	61	66	71	76	81	86	91	96	101	107	112	117	122	128	133	138
100	59	64	69	74	80	85	90	96	101	107	112	118	124	129	135	141	146
102	61	67	72	78	83	89	95	101	107	112	118	124	130	136	143	149	155
104	63	69	75	81	87	94	100	106	112	118	125	131	137	144	150	157	164
106	66	72	79	85	92	98	105	111	118	125	131	138	145	152	159	166	173
108	69	75	82	89	96	103	110	117	124	131	138	146	153	160	168	175	183