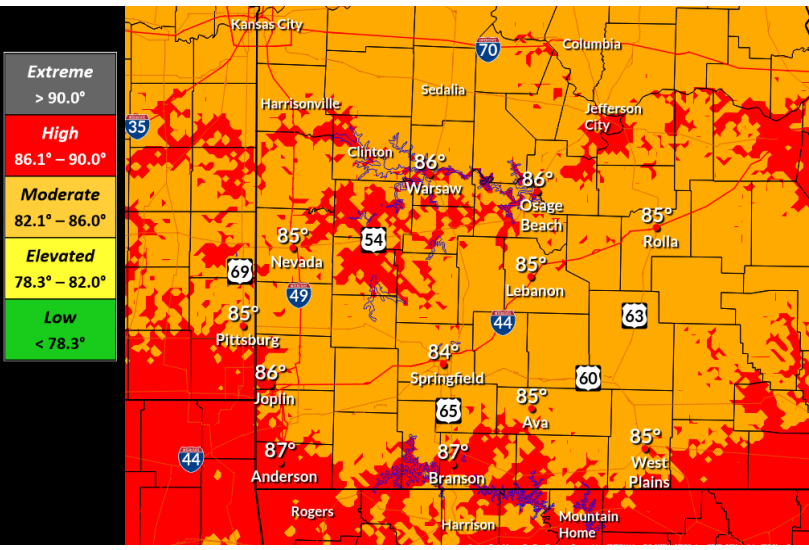




# Wet Bulb Globe Temperature

## About WBGT

**Wet Bulb Globe Temperature (WBGT)** is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas. This is a particularly effective indicator of heat stress for active populations such as outdoor workers and athletes.

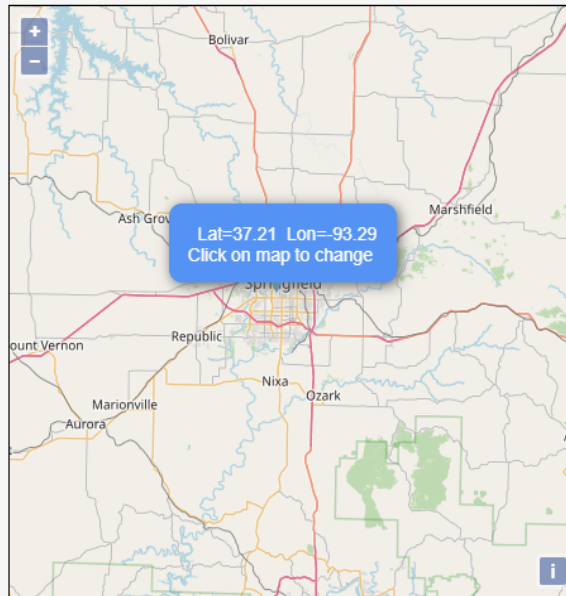


## Calculate WBGT

Calculate WBGT and Heat Index on our webpage at: [weather.gov/sqf/WBGT](http://weather.gov/sqf/WBGT)

Additional WBGT and Heat Index resources available on the webpage include forecast maps, comparisons, safety resources, and guidelines.

The NWS creates daily WBGT and Heat Index forecasts. For more information, contact our office.



Initial values are estimates for the selected location. Adjust sliders as needed

Month: 7  
 Day: 19  
 Latitude: 37.209  
 Fcst Max Temp(F): 84  
 DewPoint(F): 74  
 RH(%): 53  
 Wind Speed(mph): 0  
 Cloud Cover(%): 20

Heat Index (F): 105  
 WBGT (F): 89

WBGT	Threat Level	WBGT (°F)	Effects	Call to Actions
	Low	< 78.3	Normal activities.	Take at least 3-5 minutes of breaks each hour if working or exercising in direct sunlight.
	Elevated	78.3 – 82.0	Working or exercising in direct sunlight will stress your body after 45 minutes.	Take at least 15 minutes of breaks each hour if working or exercising in direct sunlight.
	Moderate	82.1 – 86.0	Working or exercising in direct sunlight will stress your body after 30 minutes.	Take at least 30 minutes of breaks each hour if working or exercising in direct sunlight.
	High	86.1 – 90.0	Working or exercising in direct sunlight will stress your body after 20 minutes.	Take at least 40 minutes of breaks each hour if working or exercising in direct sunlight.
Extreme	> 90.0	Working or exercising in direct sunlight will stress your body after 15 minutes.	Take at least 45 minutes of breaks each hour if working or exercising in direct sunlight.	

