

# HBACA Safety Committee April 2021 Tool Box Talk #1

## Arizona Desert Climate

- Arizona’s high temperatures have the potential to cause heat stroke, dehydration and can affect people’s cardiovascular, respiratory and nervous systems.
- Our hottest months are June, July, and August. In 2020 our hottest day reached 118 in July.
- Temperatures reached the 100 degree mark the last week of April 2020 and didn’t drop below 100 degrees until mid-October. Last year Phoenix had 145 days where the temperature hit triple-digits, 53 days were over 110° and 14 days of 115° or higher.
- Remember that humidity in Arizona becomes a factor during monsoon season.

		RELATIVE HUMIDITY (%)																				
°F	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	
140	125																					
135	120	128																				
130	117	122	131																			
125	111	116	123	131	141																	
120	107	111	116	123	130	139	148															
115	103	107	111	115	120	127	135	143	151													
110	99	102	105	108	112	117	123	130	137	143	150											
105	95	97	100	102	105	109	113	118	123	129	135	142	149									
100	91	93	95	97	99	101	104	107	110	115	120	125	132	138	144							
95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136					
90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122			
85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108	
80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91	
75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80	
70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	71	71	72

<https://www.osha.gov/heat/heat-index>

**Excessive Heat Watch:** Prepare. Extreme heat is expected within the next 2 to 7 days.

**Excessive Heat Warning:** Act! Extreme heat is occurring or imminent.

Note: Working in direct sunlight adds up to 15 degrees to the heat index.

It is vitally important that everyone be aware of the potential for heat illness. We encourage everyone to check the forecast prior to their work shift and to continue to check throughout the day as temperatures climb.