

HBACA Safety Committee April 2024

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.
- The highest temperature recorded in Phoenix in 2023 was 119°F which happened on three different days: 7/19, 7/20 and 7/25.
- Temperatures reached the 100 degree mark the second week of May 2023. 30 of the 31 days in July 2023 were over 110°. During September and October of last year there were 36 days over 100°.
- Maricopa County recorded 425 heat-related deaths last year, an increase of 25% from the previous year.
- Although humidity isn’t a key player in Arizona it does factor into the equation during monsoon season.

		Extreme Danger	Danger	Extreme Caution	Caution	Most common in AZ																			
°F	RELATIVE HUMIDITY (%)																								
	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	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.