

Hazardous Heat Forecast

August 24, 2023

3:45 AM

Dangerous Heat Again Today

Key Messages

- Dangerous heat today with peak heat indices of 105° to 115°.
- Heat index values could approach 100° to 105° south of I-80 Friday, and heat headlines *could* be extended into Friday evening there.
- Lows tonight will remain in the low to mid 70s.

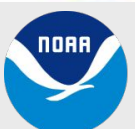
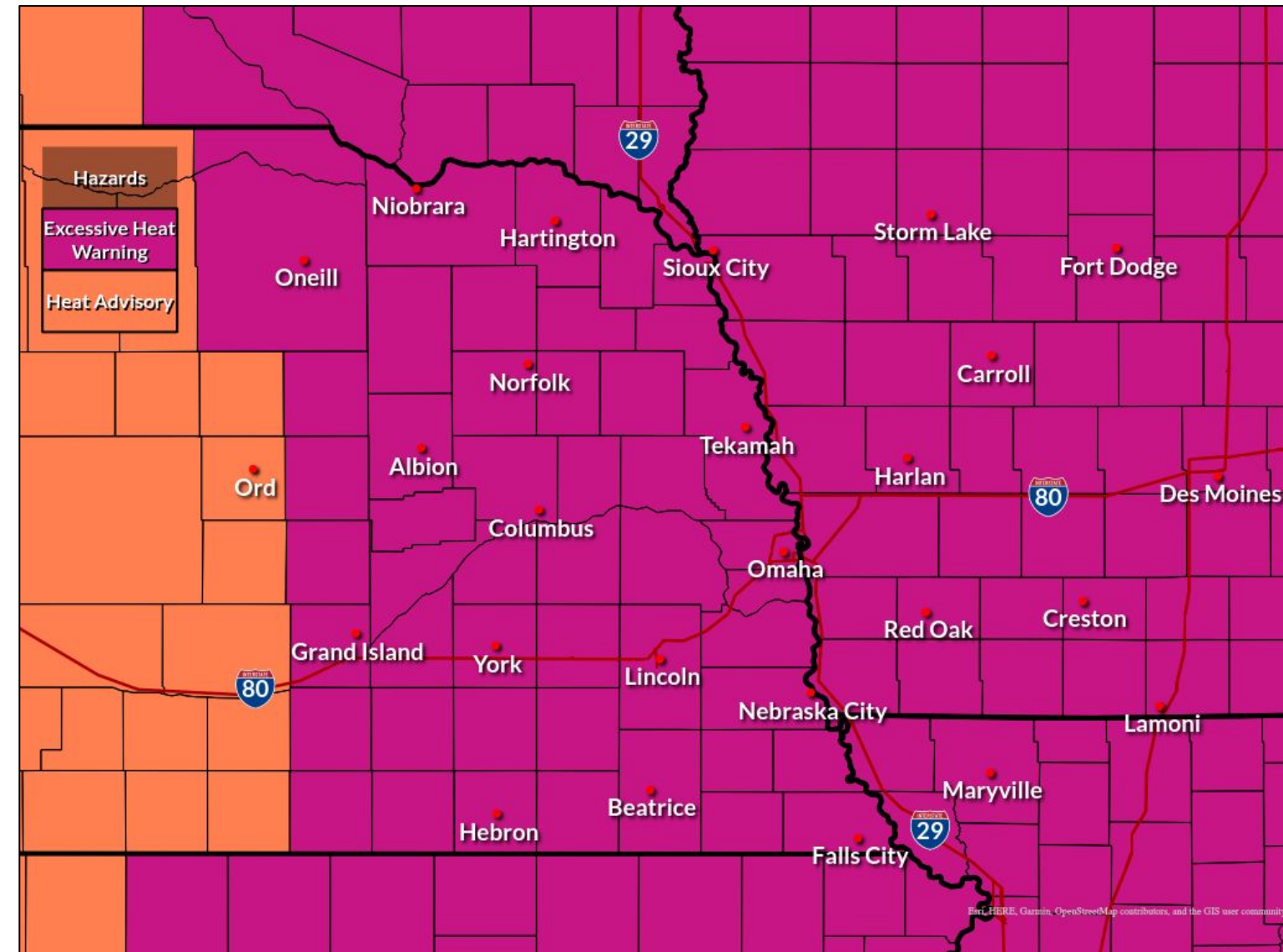
Important Forecast Updates

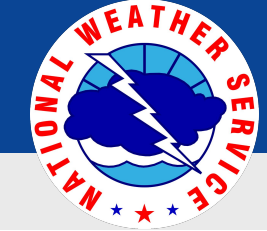
- none

Overall Forecast Confidence



Excessive Heat Warning through Today





Daily Temperatures and Heat Index

August 24, 2023
3:45 AM

Temperature Forecast

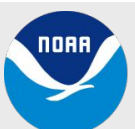
	8/24 Thu								8/25 Fri								8/26 Sat								Maximum
	3am	6am	9am	12pm	3pm	6pm	9pm		12am	3am	6am	9am	12pm	3pm	6pm	9pm		12am	3am	6am	9am	12pm	3pm	6pm	
Albion	75	73	78	91	97	97	84		78	76	72	74	82	86	85	77		72	68	64	67	74	79	78	97
Beatrice	83	77	82	95	101	99	86		81	79	76	81	91	96	94	82		77	73	69	71	76	82	81	101
Bloomfield	78	73	79	89	94	92	83		78	75	72	74	81	86	86	77		70	66	61	66	75	80	79	94
Clarinda	77	75	81	92	96	96	83		77	75	73	79	89	92	90	81		76	73	69	72	78	81	80	96
Columbus	80	74	79	91	97	97	84		79	75	73	76	84	88	87	79		74	71	66	67	74	80	79	97
Fairbury	83	76	82	96	102	100	86		82	79	76	80	91	98	94	82		75	72	68	70	76	82	80	102
Falls City	77	78	82	93	98	97	84		80	77	76	80	91	95	92	83		76	73	70	73	78	82	81	98
Fremont	82	76	81	92	98	97	85		80	76	73	78	87	91	89	81		74	71	67	69	76	81	81	98
Harlan	78	75	80	91	94	94	83		77	74	72	76	85	88	86	78		72	68	64	69	77	81	79	94
Hartington	77	74	79	90	95	92	82		78	75	72	74	81	86	84	76		70	65	61	66	75	80	79	95
Lincoln	84	80	84	96	102	101	90		83	80	77	80	90	95	92	84		79	74	70	71	77	82	81	102
Nebraska City	79	79	82	92	97	96	85		80	77	75	79	88	92	90	82		76	73	69	70	76	81	80	97
Neligh	77	72	77	89	95	94	82		77	75	71	74	81	85	85	76		70	65	60	65	74	79	78	95
Norfolk	79	74	80	92	97	97	87		80	77	73	75	84	88	88	79		73	69	64	67	77	82	81	97
Omaha	83	80	84	94	100	99	90		83	80	77	80	88	93	91	84		78	74	71	72	79	84	83	100
Onawa	80	75	81	93	97	95	83		79	77	73	76	84	89	88	79		73	69	64	69	78	83	81	97
Red Oak	77	76	81	93	96	96	84		79	76	74	79	88	92	89	81		76	73	69	72	78	82	80	96
Seward	78	76	81	93	99	98	86		80	76	74	77	85	91	89	80		75	71	67	68	74	79	78	99
Tekamah	79	76	80	90	95	94	83		78	74	72	76	84	88	86	78		72	68	63	68	76	81	80	95
Wayne	76	74	80	92	95	95	84		78	75	72	74	83	87	86	78		72	67	63	66	75	81	80	95
West Point	79	74	79	89	94	94	83		78	75	72	74	82	87	85	77		72	68	64	66	74	79	79	94

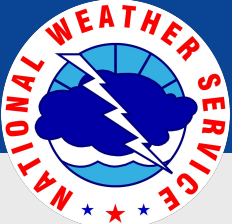
Heat Index Forecast

	8/24 Thu								8/25 Fri								8/26 Sat								Maximum
	3am	6am	9am	12pm	3pm	6pm	9pm		12am	3am	6am	9am	12pm	3pm	6pm	9pm		12am	3am	6am	9am	12pm	3pm	6pm	
Albion	75	73	78	94	101	101	87		78	76	72	74	86	91	89	77		72	68	64	67	74	79	78	101
Beatrice	85	77	85	99	103	101	87		82	79	76	83	95	101	101	87		77	73	69	71	76	85	83	103
Bloomfield	78	73	79	95	99	97	86		78	75	72	74	85	90	89	77		70	66	61	66	75	81	79	99
Clarinda	77	75	87	103	108	108	90		77	75	73	79	98	103	103	87		76	73	69	72	78	84	83	108
Columbus	82	74	79	95	102	103	88		79	75	73	76	90	95	94	79		74	71	66	67	74	81	79	103
Fairbury	86	76	85	99	103	101	87		83	79	76	82	94	103	101	87		75	72	68	70	76	84	82	103
Falls City	77	78	86	100	104	104	88		82	77	76	83	95	101	101	89		76	73	70	73	78	85	84	104
Fremont	85	76	83	96	104	102	90		83	76	73	78	94	99	96	85		74	71	67	69	76	82	82	104
Harlan	78	75	83	99	105	105	90		77	74	72	76	93	97	94	78		72	68	64	69	77	83	79	105
Hartington	77	74	79	97	101	97	86		78	75	72	74	85	90	87	76		70	65	61	66	75	81	79	101
Lincoln	87	82	87	100	106	105	93		85	82	77	83	96	104	100	90		79	74	70	71	77	84	83	106
Nebraska City	83	79	86	100	105	104	90		82	77	75	79	95	100	101	87		76	73	69	70	76	83	82	105
Neligh	77	72	77	94	101	99	85		77	75	71	74	85	89	88	76		70	65	60	65	74	79	78	101
Norfolk	79	74	82	97	103	102	91		83	77	73	75	88	92	92	79		73	69	64	67	77	82	81	103
Omaha	87	83	87	99	107	107	96		88	83	77	83	93	101	99	89		78	74	71	72	79	85	84	107
Onawa	84	75	83	100	106	105	89		79	77	73	76	90	95	94	79		73	69	64	69	78	83	82	106
Red Oak	77	76	86	102	106	106	92		79	76	74	79	96	103	99	87		76	73	69	72	78	85	82	106
Seward	78	76	83	97	102	101	88		82	76	74	77	89	99	95	83		75	71	67	68	74	79	78	102
Tekamah	79	76	82	96	104	102	89		78	74	72	76	90	95	92	78		72	68	63	68	76	82	81	104
Wayne	76	74	83	100	101	102	88		78	75	72	74	88	92	91	78		72	67	63	66	75	82	81	102
West Point	79	74	79	94	100	100	88		78	75	72	74	87	93	90	77		72	68	64	66	74	79	79	100

*Table values in °F
**Created: 3 am CDT Thu 8/24/2023

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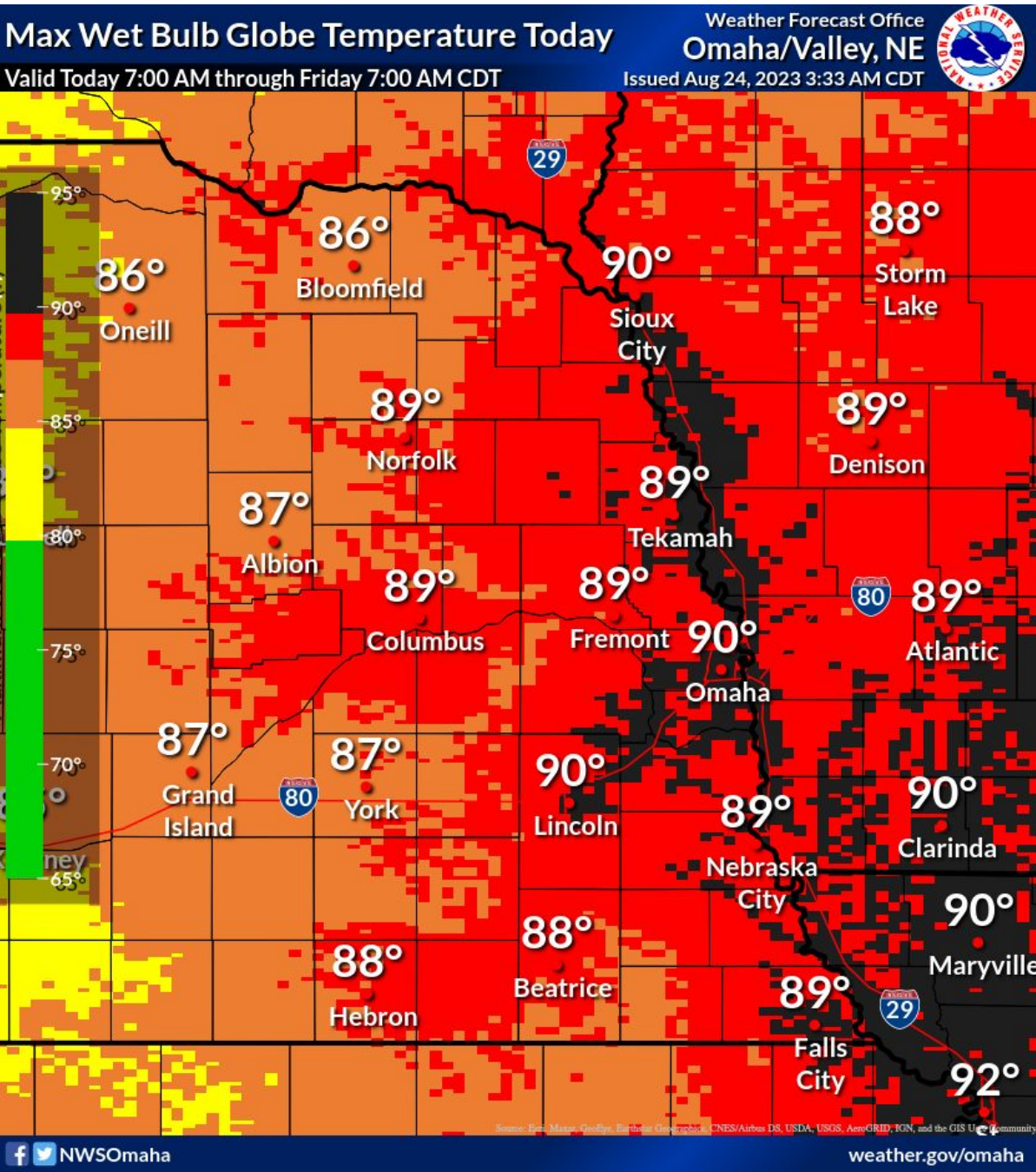




Maximum Wet Bulb Globe Temperature Today

August 24, 2023
3:45 AM

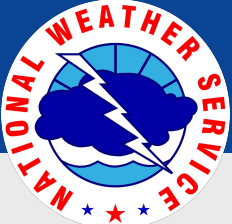
Custom Wet Bulb Globe Temp Forecast: weather.gov/omaha/wbgt



	Event Conditions	Recommended Actions & Breaks
<79.8	Good conditions	<ul style="list-style-type: none">• Normal activities• 3 separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes
79.9-84.6	Less than ideal conditions	<ul style="list-style-type: none">• 3 separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training
84.7-87.7	Moderate risk for heat related illness	<ul style="list-style-type: none">• Maximum of 2 hours of training with 4 separate 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training
87.8-89.7	High risk for heat related illness	<ul style="list-style-type: none">• Maximum of 1 hour of training with 4 separate 4 minute breaks within the hour• No additional conditioning allowed.
>89.8	Extreme conditions	<ul style="list-style-type: none">• No outdoor training, delay training until cooler, or cancel training

United States Soccer and the Korey Stringer Institute Guidelines

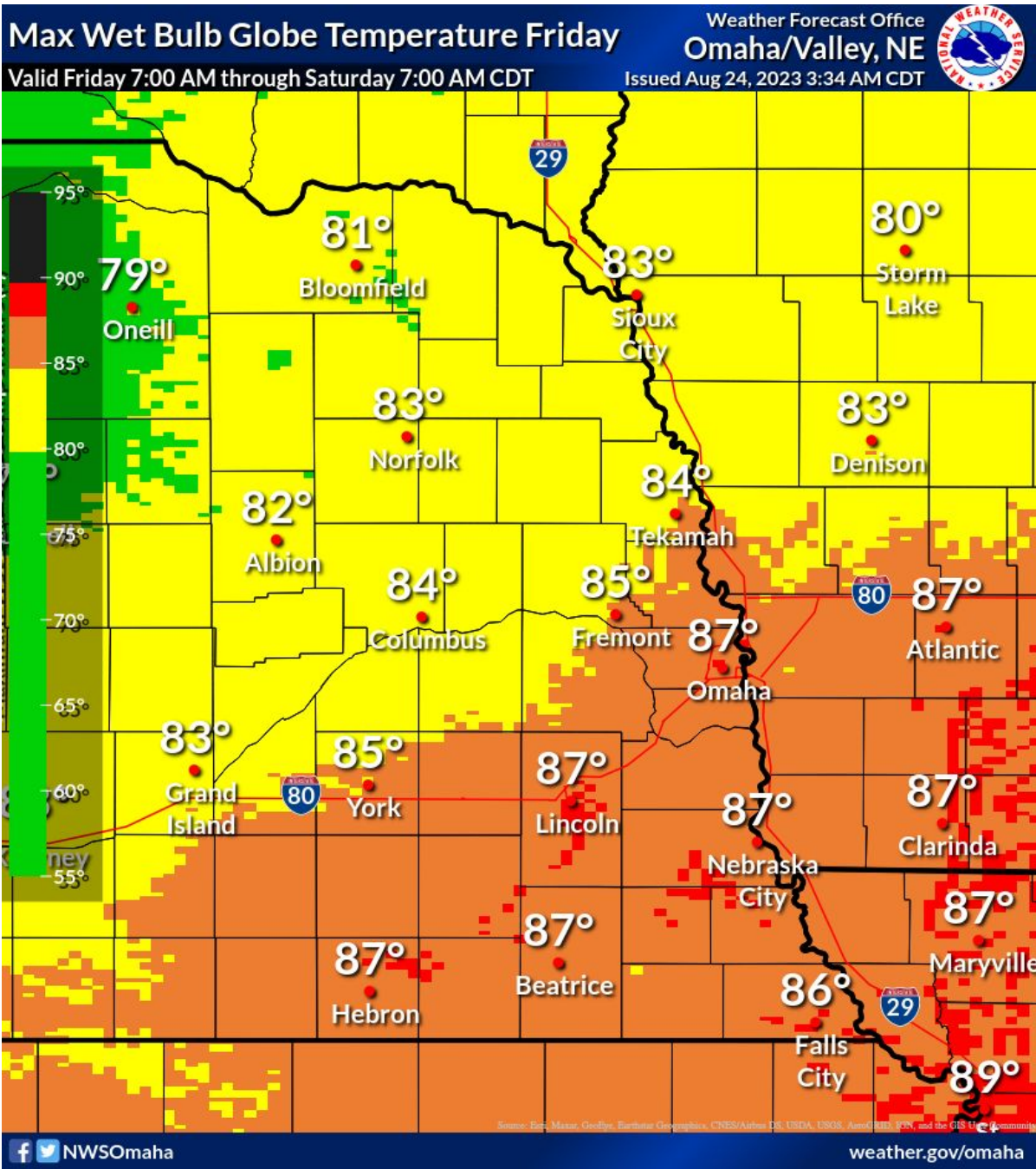




Maximum Wet Bulb Globe Temperature Friday

August 24, 2023
3:45 AM

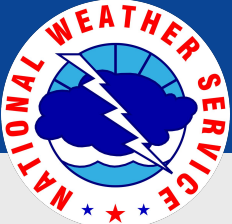
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Maximum Wet Bulb Globe Temperature Forecast

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3:45 AM

Custom Wet Bulb Globe Temp Forecast: weather.gov/omaha/wbgt

Maximum Wetbulb Globe Temperature Forecast

	8/24 Thu	8/25 Fri	8/26 Sat	8/27 Sun	Maximum
Albion	86	80	72	76	86
Beatrice	85	86	76	76	86
Bloomfield	84	79	72	75	84
Clarinda	89	88	78	76	89
Columbus	87	82	74	76	87
Fairbury	85	85	76	77	85
Falls City	87	86	77	76	87
Fremont	87	84	75	76	87
Harlan	87	84	75	75	87
Hartington	85	79	73	75	85
Lincoln	86	86	77	77	86
Nebraska City	87	85	76	76	87
Neligh	85	79	72	75	85
Norfolk	86	80	73	76	86
Omaha	88	86	77	76	88
Onawa	89	82	75	76	89
Red Oak	87	86	77	76	87
Seward	85	84	73	75	85
Tekamah	87	82	74	76	87
Wayne	86	80	74	75	86
West Point	86	81	73	75	86

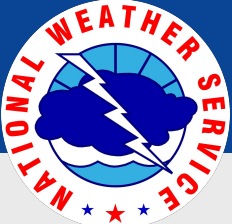
*Table values in °F
**Created: 3 am CDT Thu 8/24/2023
***Values are maximums over the period beginning at the time shown.

Don't see your city? Check out weather.gov/forecastpoints

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Safety Resources

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3:45 AM

HEAT EXHAUSTION

Faint or dizzy

Excessive sweating

Cool, pale, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

OR

HEAT STROKE

Throbbing headache

No sweating

Body temperature above 103°

Red, hot, dry skin

Nausea or vomiting

Rapid, strong pulse

May lose consciousness

CALL 9-1-1

- Take immediate action to cool the person until help arrives

Comparing WBGT and Heat Index		
	WBGT	Heat Index
Measured in the sun	✓	✗
Measured in the shade	✗	✓
Uses Temperature	✓	✓
Uses RH	✓	✓
Uses Wind	✓	✗
Uses Cloud Cover	✓	✗
Uses Sun Angle	✓	✗

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EMAIL

nws.omaha@noaa.gov

Additional Resources

- [NWS Omaha Web Page](#)
 - [NWS Omaha Weather Story Graphics](#)
 - [Hourly Forecasts for a Point](#)
- [Severe Weather Outlooks](#)
 - [Wet Bulb Globe Information](#)
 - [Heat Safety](#)

