

Typical Temperatures

- Normal internal body temperature ~ 98.6°F
 - Skin temperature measurements are slightly lower than measurements taken directly inside the body cavity
- Room Temperature ~ 70°F
- Research done by NASA showed that the heat pain threshold is reached at 110.7°F (43.7°C) skin temperature
- Research on human tolerance to cold has shown that:
 - ▣ pain occurs at 59°F (15°C) skin temperature
 - ▣ numbness occurs at 44.6°F (7°C) skin temperature
 - ▣ frostbite is risked at 32°F (0°C) skin temperature

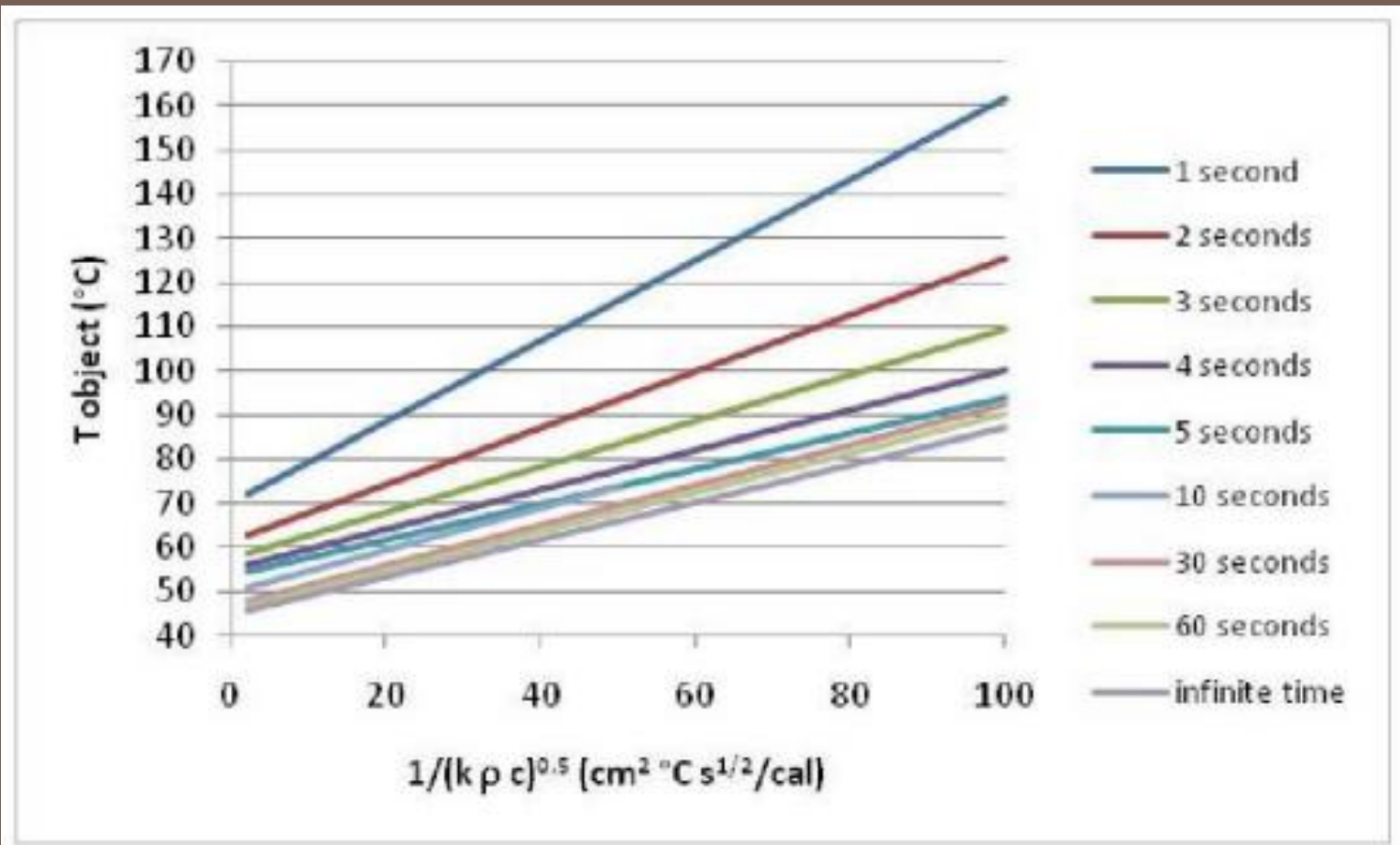


Figure 1 – Hot touch Temperature Limits

References

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