



# READY TO RESPOND NEWSLETTER



CITY OF CHARLESTON

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CHARLESTON FIRE DEPT

## Heat Safety Tips

Find important tips on how you can beat the heat. Also a list of additional resource agencies with heat safety tips.

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## Heat Related Terms

List of heat related terms and definitions.

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## Heat Index Chart

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## IEMA Press Release

Heat Safety Press Release.

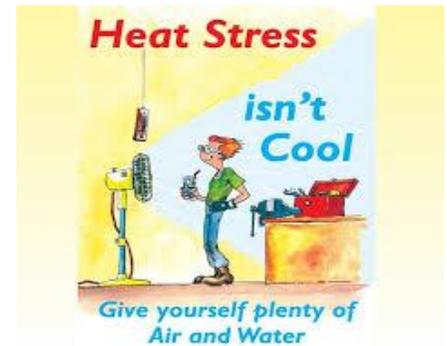
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## HEAT SAFETY

Summertime mean outdoor activities and fun, but everyone needs to be aware of a silent potentially deadly killer, HEAT. Heat kills by pushing the body beyond its limits. Heat disorders can occur because the victim has been overexposed to the heat or over exerted themselves in the heat. Each person is different when it comes to heat illness. Factors that can determine how quickly you react to the heat are age and physical condition. The best way to beat the heat is be prepared.

### Heat Safety Tips

- Drink additional (nonalcoholic) fluids regardless of activity
- Stay indoors if possible in an air conditioned space
- Wear lightweight, light colored, loose fitting clothes
- NEVER leave anyone in a closed parked vehicle, including pets
- Limit your outdoor activities to morning or evening if possible
- Cut down on exercise during the hours of extreme heat
- If working outside take frequent breaks in the shade
- Prevent sunburns by wearing plenty of sunscreen or SPF 15 or higher
- Know the signs of heat related illness

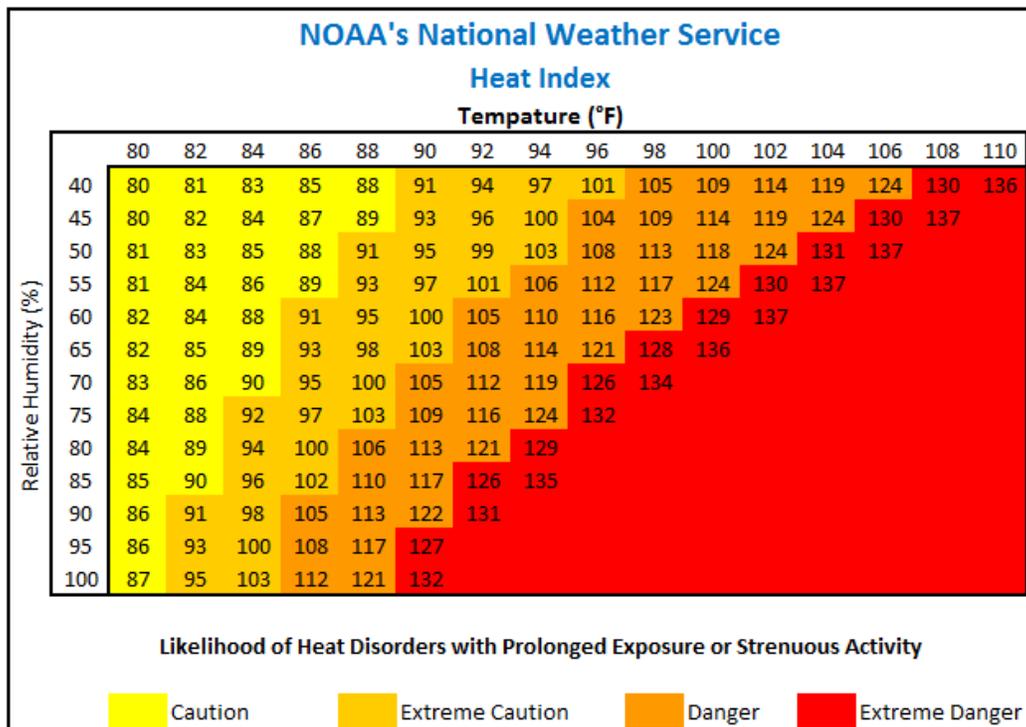


### Links to Additional Resource Agencies

- American Red Cross
- Ready.gov
- Center for Disease Control and Prevention
- National Integrated Drought Information System
- OSHA
- Illinois Emergency Management Agency



- **Heat Cramps** - Muscular pains & spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.
- **Heat Exhaustion** - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer a heat stroke.
- **Heat Stroke** - A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.
- **Heat Index**- a number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to the air temperature.
- **Heat Advisory** - Heat index values are forecasted to meet locally defined criteria for 1 to 2 days (daytime highs = 100-105 F).
- **Excessive Heat Watch** - Conditions are favorable for an excessive heat event to meet to exceed locale Excessive Heat Warning criteria in the next 24 to 72 hours.
- **Excessive Heat Warning** - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110 F).





## **Heat, Humidity Can Be Deadly Combination** *Emergency management officials offer heat safety tips*

SPRINGFIELD – On average, heat kills more people each year than other weather-related hazards, such as tornadoes, floods and lightning. To increase awareness about the dangers of extreme heat, the Illinois Emergency Management Agency (IEMA) and local emergency management agencies are offering heat safety tips throughout July to help people stay safe when temperatures rise.

According to the National Weather Service, heat accounted for an average of 113 fatalities each year from 2006–2015. During that same period, tornadoes caused an average of 110 deaths each year, while floods resulted in an annual average of 84 fatalities.

“People often don’t realize how dangerous hot weather can be,” said IEMA Director James K. Joseph. “We want everyone to be aware of the dangers of extreme heat and what they can do to stay safe and healthy.”

Joseph said heat-related fatalities can be prevented by taking precautions when temperatures rise. One of the most important heat safety tips is to never leave children, elderly people, adults with disabilities, or pets in parked cars even for a short time. Temperatures in vehicles rise much faster than many people realize.

Even with the windows slightly open, temperatures inside a vehicle will rise 30 to 40 degrees in less than 30 minutes. The effects of hot cars can be more severe on children because their bodies warm at a faster rate than adults.

Several tragic deaths also have occurred when children got into vehicles without their parents’ knowledge and then couldn’t get out. It’s important to always lock car doors and trunks, even at home, and keep keys out of children’s reach.

Other hot weather tips include:

- Stay hydrated by drinking at least 1½ to 2 quarts of fluids daily, even if you don’t feel thirsty.
- Avoid alcoholic beverages and drinks containing caffeine.
- Avoid overexertion and strenuous outdoor activities if possible.
- Take advantage of cooling centers, public pools and air-conditioned stores and malls during periods of extreme heat. Even a few hours a day in air conditioning can help prevent heat-related illnesses.
- Don’t forget your pets. Offer pets extra water and place the water bowl in a shaded area if outdoors. Make sure pets have a shady refuge where they can escape direct sun exposure.
- If you or someone around you begins experiencing dizziness, nausea, headache, confusion and a rapid pulse, seek medical attention immediately, as these could be the symptoms of heatstroke.

Additional tips on how to protect yourself and others from heat-related illnesses are available on the state’s Ready Illinois website ([www.Ready.Illinois.gov](http://www.Ready.Illinois.gov)).