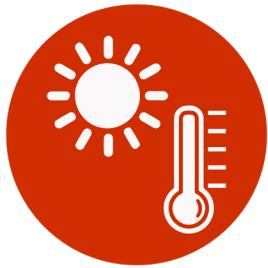


EXTREME HEAT SAFETY



In extreme heat and high humidity, evaporation is slowed and the body must work harder to maintain a normal temperature. Below are some safety tips and recommendations for how you can prepare for extreme heat waves, ensuring you and your family stay safe.



The most common types of heat related illnesses are heat cramps, heat exhaustion and heat stroke.

Conditions resulting from extreme heat can result in illness, injury or even death.



Orange County Fire Authority

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If the weather is extremely hot

- Stay indoors as much as possible and limit exposure to the sun.
- Avoid strenuous work or activities during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.
- Eat well-balanced, light, and regular meals.
- Drink plenty of water.
- Limit intake of alcoholic beverages and sugary drinks.
- Dress in loose-fitting, lightweight, and light-colored clothes.
- Protect your face and head by wearing a wide-brimmed hat.
- Check on co-workers, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Watch for signs and signals of: sunburn, heat cramps, heat exhaustion, and heat stroke. Those most at risk include infants, young children, adults over 65 years of age and those with chronic conditions.
- Protect your skin by using "broad spectrum" or "UVA/UVB protection" sunscreen.
- Limit outdoor activities to the coolest part of the day, usually before 10am and after 3pm. Rest often in the shade if you are outside.
- Never leave infants, young children, or pets in a hot car.

To prepare for extreme heat, you should

- Install window air conditioners snuggly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors to reflect heat back outside.
- Weather-strip doors and door sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers as they can reduce the heat that enters a home by up to 80 percent.