



Heat Safety



Heat kills by taxing the human body beyond its abilities. In a normal year, over 175 Americans succumb to the summer heat. Of all natural hazards, only the cold of winter (not lightning, hurricanes, tornadoes, floods, or earthquakes) takes a greater toll. In the 40-year period from 1936 through 1975, nearly 20,000 people were killed in the United States by the effects of heat. In the disastrous heat wave of 1980, more than 1,250 people died. Staying safe during times of inclement weather is your responsibility and one you should take seriously. Your life depends on it!

More information: **City of Riverside Fire Department
Office of Emergency Management
(951) 320-8100**

Heat kills. To keep cool during periods of excessive heat:

- Slow down. Avoid strenuous activity. If you must work outside, try to do it during the coolest part of the day – usually in the early morning.
- Stay indoors as much as possible. If you don't have air conditioning, stay on the lowest floor of a building, out of the sun. Use electric fans if you have them. They don't cool the air, but they do help sweat to evaporate, which cools your body.
- Drink plenty of water regularly, even if you don't feel thirsty. Your body needs fluids to keep cool. Avoid beverages with caffeine, such as coffee, and alcohol.
- Eat smaller meals, but eat more often.
- Wear loose, lightweight, light-colored clothing and a hat. Light colors reflect heat and sunlight, and help your body maintain normal temperatures.
- Don't get too much sun. Sunburn makes the body's job of keeping cool more difficult.
- Check on the elderly, children, and those who are ill; all are vulnerable to excessive heat.
- Ensure that your pets are provided with shade and adequate water.
- Don't go outdoors if you don't have to.
- Don't turn off air conditioning or fans to save money.
- Never leave children, elderly, disabled, or pets alone in a vehicle.

CITY OF RIVERSIDE - OFFICE OF EMERGENCY MANAGEMENT
(951) 320-8100
www.ReadyRiverside.com