Safety Tip of the Week
#Heatwave #Staycool

Safety Office wants to remind you hot temperatures and high humidity can lead to oppressive heat index values. Always remember to Look Before You Lock! NEVER leave anyone or a pet in the car during hot weather. Here are a few heat safety reminders!

**HEAT Safety Tips**

- Never leave kids or pets unattended in vehicles
- Stay hydrated and take breaks in the shade or in AC
- Limit strenuous outdoor activities

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**STAY HEALTHY IN THE HEAT**

**HOT CARS CAN BE DEADLY**

- Don’t leave children or pets in cars. Call 911 if you see a child or pet in a car alone.

**HEAT-RELATED ILLNESS**

- Call 911 if you see these symptoms: high body temperature, vomiting, and pale and clammy skin.

**STAY COOL**

- Wear lightweight, light-colored clothes.
- Shade:
  - Bring a hat or umbrella with you when you’re out.

**PLAN YOUR DAY**

- Go to an air-conditioned place, park, or pool.
- Avoid going out during the hottest hours, and wear sunscreen.

**HELP OTHERS**

- Check on those at risk, like the sick, older adults, pregnant women, and children.

**DRINK WATER**

- Fill a reusable bottle with water and bring it with you.

Call 211 for Cooling Centers where you can go for free to stay cool.

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**Heat Related Deaths ARE Preventable**

**LOOK BEFORE YOU LOCK**

The temperature in your car can quickly become deadly!

- Outside Temperature 80°
  - Inside 99°: Time Elapsed: 10 Minutes
  - Inside 109°: Time Elapsed: 20 Minutes
  - Inside 114°: Time Elapsed: 30 Minutes
  - Inside 123°: Time Elapsed: 60 Minutes

weather.gov/heat  nhtsa.gov