



HOUSTON FIRE DEPARTMENT PUBLIC AFFAIRS OFFICE PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE
May 8, 2009

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Heat Safety Tips and Information

With the Temperature reaching into the high 80s and low 90s, the HFD stresses the importance of taking safety measures when outdoors to avoid heat-related medical emergencies.

Before conducting outdoors activities and feeling thirsty, drink plenty of water and electrolyte-replacement beverages.

Avoid beverages or food sources with caffeine, alcohol or large amounts of sugar because these can actually result in the loss of body fluid.

Conduct outdoor work or exercise in the early morning or evening when it is cooler. Individuals unaccustomed to working or exercising in a hot environment need to start slowly and gradually increase heat exposure over several weeks. Take frequent breaks in the shade or in an air-conditioned facility.

A wide-brimmed, loose-fitting hat that allows ventilation helps prevent sunburn and heat-related emergencies. A tight-fitting baseball cap is not the best choice when conducting strenuous outdoors activities. Sunscreen also helps protect injury from the sun's rays and reduces the risk of sunburn.

Wear lightweight, light-colored, loose-fitting clothing that permits the evaporation of perspiration. Do not leave children, senior citizens or pets unattended in a vehicle.

HFD Statistics

May 2008 Temperature Related Incidents = 55

May 2007 Temperature Related Incidents = 25

May 2006 Temperature Related Incidents = 35