



**HOUSTON FIRE DEPARTMENT  
PUBLIC AFFAIRS OFFICE  
PUBLIC SERVICE ANNOUNCEMENT**

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**FOR IMMEDIATE RELEASE**

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**WITH HOT WEATHER, HFD REMINDS CITIZENS OF SAFETY TIPS**

With forecasters predicating the temperatures reaching into the triple digits, the Houston Fire Department wants citizens to be safe in the heat. From June 1 - 22, 2009, HFD has already responded to 68 temperature related calls, compared to 55 during the same time period last year. At least one death has also been reported due to heat this year.

HFD suggest these safety tips for hot temperatures:

- 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.

Additional information may also be found on the HFD website, [www.houstonfire.org](http://www.houstonfire.org) and the City of Houston's Health and Human Services Website at <http://www.houstontx.gov/health/index.html>

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***Working Smoke Detectors Save Lives!***