



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

FOR IMMEDIATE RELEASE

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Heat Safety Tips from The Houston Fire Department

With a heat advisory in effect for the Houston area and an increase of temperature related EMS calls, the Houston Fire Department 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.

For additional summer safety tips, please visit the HFD website at www.houstonfire.org

Statistics

The Houston Fire Department responded to the following number calls for temperature related EMS events:

July 1 - August 1, 2007 = 71 events

July 1 - August 1, 2008 = 109 events

July 1 - August 1, 2009 = 155 events

Working Smoke Detectors Save Lives!

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