



Extreme Heat Bulletin

Dangerously high temperatures are in the forecast and several precautions can be taken to reduce the impact of the weather.

Personal protection

- Stay indoors as much as possible and limit your exposure to the sun
 - Stay on the lowest floors, out of the sunshine if air conditioning is not available
- Dress in loose fitting, lightweight, light colored clothing that covers as much of the skin as possible
- Check on family, friends, and neighbors who are at risk and may need additional assistance
 - Infants (0-4), elderly (>65), overweight, ill, taking certain medications, work/exercise outdoors
- Know the symptoms of heat-related health issues such as heat cramps, heat exhaustion and heat stroke and seek medical attention if health conditions are severe.
http://emergency.cdc.gov/disasters/extremeheat/heat_guide-page-3.asp
- Bring your pets indoors or ensure they have a cool sheltered area with plenty of water

At Work

- Report facility issues to your building manager or the Work Coordination Center 737-2969
- Open windows in the morning to allow cool air into the building. Close shades in rooms that have direct sunlight to avoid heating the room. Note: DO NOT prop open fire doors.
- Conduct frequent rest/hydration periods when working outside

At Home

- Eat regular, light, well-balanced meals and limit your intake of alcoholic beverages
 - Do not take salt tablets unless specified by a physician
- Limit your outdoor activities to the morning and evening hours, when it is cooler
- Use sunscreen, sunglasses, and wear a wide brimmed hat to provide shade
- Cut down on outdoor exercise. If you must exercise, replenish fluids every hour (16-32 oz cool fluid)
- Take a cool bath or shower before you go to bed to cool down

In your Car

- Never leave children, elderly, or pets in closed vehicles
- Have your vehicle inspected/serviced to ensure all cooling systems are working properly
- Before you travel, tell people where you are going and when to expect your arrival
- Check ODOT Tripcheck before you travel (tripcheck.com)

References

<http://www.ready.gov/natural-disasters>

<http://emergency.cdc.gov/disasters/>

<http://www.weather.com/life/safety/>

http://www.disastersrus.org/emtools/hazard_specific_pages.htm

OSU Safety Instruction: Heat Stress

Know the dangers of excessive heat

http://emergency.cdc.gov/disasters/extremeheat/heat_guide-page-3.asp

- Heat Rash
- Sunburn
- Heat Cramps
- Heat Exhaustion
- Heat Stroke