

BEAT THE HEAT!



According to the Centers for Disease Control and Prevention, extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive. Children, older adults, outside workers, and people with disabilities are particularly prone to [heat-related illnesses](#). Pets are also susceptible to the heat and should never be left outdoors without adequate water and shelter.

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.



Job Sites

Stay hydrated and take breaks in the shade as often as possible.



Indoors

Check up on the elderly, sick and those without AC.



Vehicles

Never leave kids or pets unattended - LOOK before you LOCK



Outdoors

Limit strenuous outdoor activities, find shade, and stay hydrated.



Hot vehicles are a primary source of heat-related incidents. In Texas summers, the temperature routinely exceeds 90 degrees. But in just 80-degree weather, your car will heat up well into the triple digits in a matter of minutes:

Outside Temperature 80°



During extreme heat the temperature in your car could be deadly.



Time Elapsed:
20 minutes



Time Elapsed:
20 minutes



Time Elapsed:
20 minutes

Source: <http://www.cdc.gov/extremeheat/>