

# HEAT SAFETY

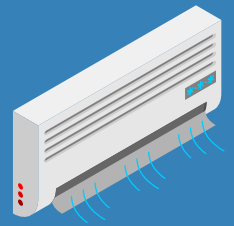
## Beat the Heat:

Texas is known for its scorching hot summers with temperatures often soaring to dangerous levels. While the summer season brings opportunities for outdoor fun, it's crucial to be aware of the potential dangers associated with high temperatures. Here are some essential tips to help you beat the heat and enjoy your summer while keeping yourself protected:

**Stay indoors during heat waves:**



**Working in the heat safely:**



Drink a cup of cool water every 20 minutes.

Take regular breaks to rest.

Spend time in the shade.

Seek AC when possible.

### Heat Exhaustion

### Heat Stroke

**ACT FAST**

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness  
Thirst  
Heavy Sweating  
Nausea  
Weakness



**ACT FAST**

Confusion  
Dizziness  
Becomes Unconscious

**CALL 911**

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Heat exhaustion can lead to heat stroke.



Stay Cool, Stay Hydrated, Stay Informed!



### Heat Related Deaths ARE Preventable LOOK BEFORE YOU LOCK



[weather.gov/heat](http://weather.gov/heat)

[nhtsa.gov](http://nhtsa.gov)

The temperature in your car can quickly become deadly!

Outside Temperature 80°



Contact our Emergency Management Coordinator, Bryce Davis, at 817-222-7145 with any questions.