



HEAT SAFETY

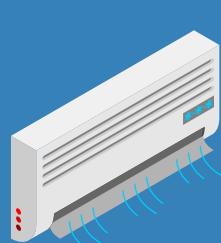
Beat the Heat:

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

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



Heat exhaustion can lead to heat stroke.

Heat Stroke

Confusion
Dizziness
Becomes Unconscious

ACT FAST

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.



Stay Cool, Stay Hydrated, Stay Informed!



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



weather.gov/heat

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.