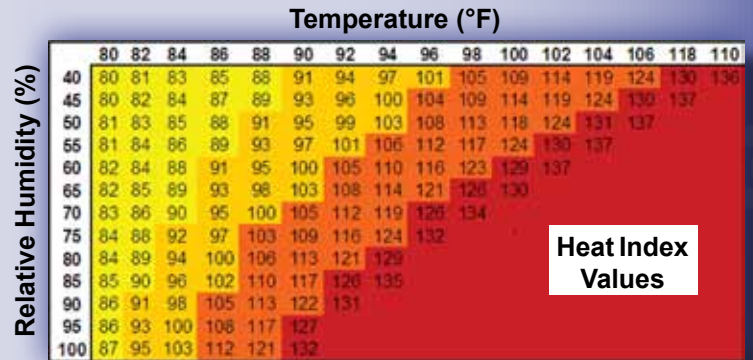


# EXTREME HEAT

Temperature extremes can affect Alabama during both the summer and winter. Understanding the dangers of such extremes is vital. Heat is the number one weather-related killer in the United States. More deaths are attributed to heat each year than floods, tornadoes, lightning, and hurricanes combined.

What is **Heat Index**? It is a measure of how hot it really feels outside when the moisture content of the airmass is considered along with the air temperature (or when relative humidity is added to the air temperature). Heat Index values are calculated for shady, light wind conditions. Full exposure to sun can increase values by 15°F or more. Strong winds, especially in a very dry airmass, are also extremely dangerous, because they add more heat to your body.



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution   Extreme Caution   Danger   Extreme Danger

## HEAT DISORDERS

**Sunburn** - a burn to living tissue, such as skin, which is produced by overexposure to ultraviolet (UV) radiation, commonly the sun's rays.

**Heat Cramps** - muscle spasms that result from loss of large amount of salt and water through exercise.

**Heat Exhaustion** - can be a precursor to heat stroke; symptoms include heavy sweating, rapid breathing and a fast, weak pulse.

**Heat Stroke** - a body temperature of greater than 105.1°F (40.6°C) due to environmental heat exposure with lack of thermoregulation.

## SAFETY TIPS

- Dress in lightweight, light-colored clothing that reflects heat and sunlight.
- Reduce or eliminate strenuous activities in the hottest part of the day. Reschedule activities to a cooler time.
- Drink plenty of water, even if you do not feel thirsty. Water keeps your body cool.
- Avoid alcoholic beverages.
- Avoid too much sun exposure. Sunburns make the process of heat dissipation from your body more difficult.
- Make sure seating surfaces and equipment such as safety buckles are not too hot.
- Never leave a child or pet unattended in a vehicle, even with the windows down. Leaving windows open slightly does not significantly decrease the heating rate in a parked car.
- Always lock car doors and trunks, even at home, to prevent a child from locking themselves inside accidentally.
- Ensure all child passengers have left the car when you reach your destination.