Heat Safety Tweets/Facebook Posts

Tweets:

- Learn how to be safe in the heat. Visit http://ow.ly/Riy43018hzS for more. #heatsafety
- Keep the water bottles handy. It's going to be HOT today. More #heatsafety tips at http://ow.ly/Riy43018hzS
- When temps rise limit your outdoor activity to morning & evening hours. Know the signs of heat-related illness http://1.usa.gov/1ji4qiV
- NEVER leave children or pets in a closed car, even with a window cracked. More tips at http://ow.ly/Riy43018hzS

Facebook:

- Never leave children, disabled adults, or pets in parked vehicles! Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia. Hyperthermia is an acute condition that occurs when the body absorbs more heat than it can handle. Hyperthermia can occur even on a mild day. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies have not developed the ability to efficiently regulate its internal temperature. http://ow.ly/Riy43018hzS
- Outdoor workers can be at a higher risk to the effects of excessive heat. Here are some recommended practices when working under hot conditions: Drink water often, rest and cool down in the shade during breaks, gradually increase workload and allow more frequent breaks for new workers or workers who have been away for a week or more, know the symptoms, prevention, and emergency response to prevent heat-related illness and death and check weather forecasts ahead of time to be better prepared. http://ow.ly/Riy43018hzS
- Check on your neighbors. Although anyone can suffer heat-related illness, some people are at greater risk than others. People aged 65 or older are particularly susceptible to heat-related illnesses and complications that can result during periods of high temperatures and humidity. http://ow.ly/Riy43018hzS
- The summer months can be brutal to your dog. Dogs are much more susceptible to heatstroke than humans. Dogs wear their fur coat all year round. Dogs have sweat glands on their feet, but they do not have them on the rest of their body. They rely on panting, a method of breathing out excess heat, to cool down their bodies. This method is not as effective as sweating. Keep pets cool this summer: wet down your dog before and during outside sessions, limit outside time, and stay in the shade and walk on the grass as much as possible. http://www.redcross.org/prepare/disaster/pet-safety/protecting-pets-fro…