



As High School football kicks off and college football is right around the corner many are thinking “fall is in the air”. Not so fast! Even though Fall is right around the corner there are still many days of severely hot weather ahead. Do you know how to recognize heat related stress? Do you know about the National Weather Services’ various products related to heat? Do you know that a dark car with dark colored interior sitting in a parking lot where the ambient outside temperature is only 80 degrees F could rise to 123 degrees in a matter of only 60 minutes? The National Weather Service has produced a very helpful guide that answers these questions and more. The web site where you can get more information to “Beat the Heat” can be found at <http://www.nws.noaa.gov/om/heat/index.shtml#car>.

Remember to:

