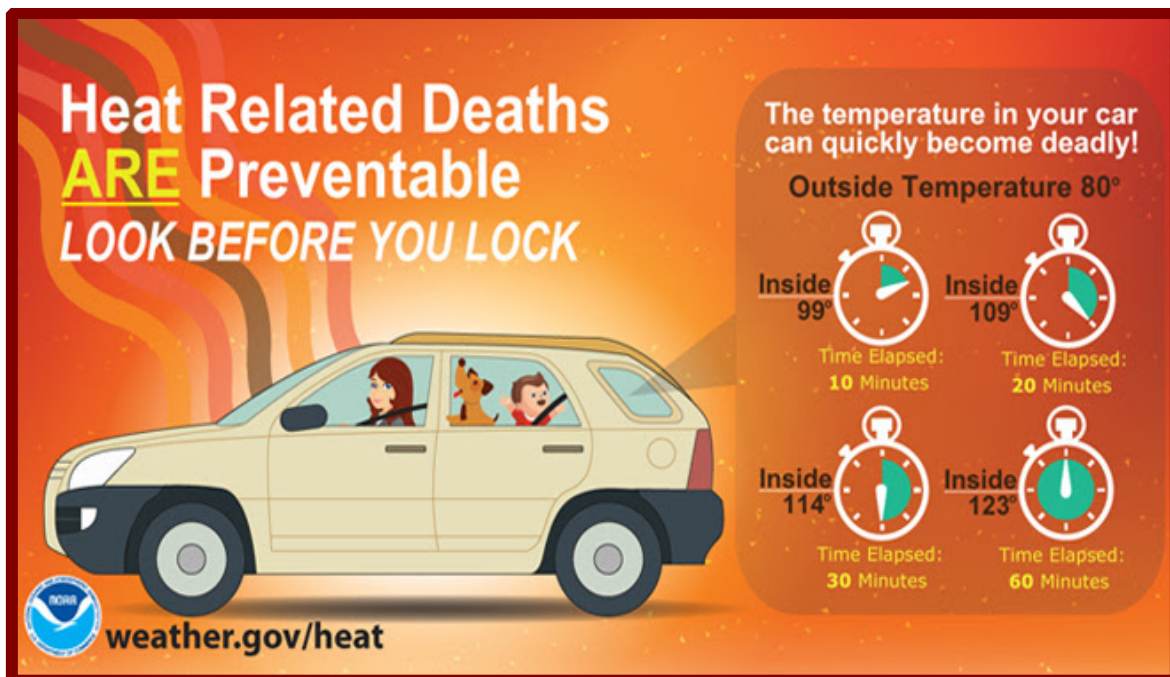


Beat the Heat

With the outside temperature starting to get warm we all want to get out more. That means taking our children and pets along with us. We all recognize the danger of leaving children and pets in hot vehicles, but have you prepared for what will happen at your home if you lose power and you're not able to cool it? Power outages during extreme heat can be dangerous, and even deadly. A study done by CDC found that over 650 people die each year due to exposure to extreme heat while in a structure.



There are some obvious factors contributing to heat stress, such as weather, clothing, work rate, the lack of breaks, and an individual's health and existing medical conditions, but did you know there are also hidden factors that can contribute to heat related injuries? For example, working alone, or in remote locations can hinder the medical response timing needed to treat a heat-related injury.

Having proper information about contributing factors and being able to identify heat-related symptoms is critical. The National Weather Service has prepared a [Heat Safety Resource guide](#) along with education and outreach materials that you can access for more information on how to BEAT the HEAT.