

HEAT ADVISORY:

HAZARDS: Excessive Heat

Remember...

- An *Excessive Heat Watch* is issued when there is a potential for the heat index value to reach or exceed 110° F (east of the Blue Ridge) or 105° F (west of the Blue Ridge) within the next 12 to 24 hours.
- An *Excessive Heat Warning* is issued when the heat index is expected to reach or exceed 110° F (east of the Blue Ridge) or 105° F (west of the Blue Ridge) within the next 12 to 24 hours. An Excessive Heat Warning may be issued for lower criteria if it is early in the season or during a multi-day heat wave.
- A *Heat Advisory* is issued when the heat index value is expected to reach 105 to 109° F (east of the Blue Ridge) or 100-104° F (west of the Blue Ridge) within the next 12 to 24 hours. A Heat Advisory may be issued for lower criteria if it is early in the season or during a multi-day heat wave.

HOW TO STAY SAFE DURING EXCESSIVE HEAT EVENTS

- Outdoor Activities
 - Slow down. Reduce, eliminate, or reschedule strenuous activities until the coolest time of the day. Those particularly vulnerable to heat such as children, infants, older adults (especially those who have preexisting diseases, take certain medications, living alone or with limited mobility), those with chronic medical conditions, and pregnant women should stay in the coolest available place, not necessarily indoors.
 - Dress for summer. Wear lightweight, loose fitting, light-colored clothing to reflect heat and sunlight.
 - Minimize direct exposure to the sun. Sunburn reduces your body's ability to dissipate heat.
- Eating and Drinking
 - Eat light, cool, easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Don't leave it sitting in the sun. Meats and dairy products can spoil quickly in hot weather.
 - Drink plenty of water (not very cold), non-alcoholic and decaffeinated fluids, even if you don't feel thirsty. If you are on a fluid-restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
 - Do not take salt tablets unless specified by a physician.
- Cooling Down
 - Use air conditioners or spend time in air-conditioned locations such as malls and libraries.
 - Use portable electric fans to exhaust hot air from rooms or draw in cooler air.
 - Do not direct the flow of portable fans towards yourself when room temperature is hotter than 90° F. The dry blowing air will dehydrate you faster, endangering your health.
 - Take a cool bath or shower.

HEAT SAFETY FOR OUTDOOR WORKERS

Outdoor workers can be at a higher risk to the effects of excessive heat. The Wet Bulb Globe Temperature (WBGT) is a good measure of heat stress during outdoor activities; learn more [here](#).

See [Occupational Safety and Health Administration \(OSHA\)](#) resources and 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 symptoms, prevention, and emergency response to prevent heat-related illness and death
- Check weather forecasts ahead of time to be better prepared.

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