



Heat Related Injuries

What Causes heat related illness?
According to John's Hopkins Medicine, Exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illness.

There are 3 types of heat related illness:

1. Heat cramps are the mildest form of heat injury and cause muscle cramps and spasms.
2. Heat Exhaustion is more severe than heat cramps and results from a loss of water and salt in the

body, with a body temp over 100.4 degrees. Left untreated, heat exhaustion can lead to heat stroke.

3. Heat Stroke is the most severe form, usually with a body temp over 104 degrees. Seizures, comas and even death can result.

How to prevent heat related injury

Individual Highlights

Heat Injuries	1
Propane Safety	2
Summer Storms	2
Lightning Safety	3

Preventing heat injury starts with keeping the body cool and hydrated. Drink plenty of fluids during vigorous or outdoor activities (including sunbathing), especially on hot days. Drinks of choice include water and sports drinks; avoid alcohol and fluids with caffeine, such as tea, coffee, and cola, as these can lead to dehydration.

- Schedule vigorous activity and sports for cooler times of the day. Take rest periods in shady or cool areas.
- Makes sure your child is protected from the sun and wears a hat and sunglasses, and uses an umbrella. Use a sunscreen that is at least SPF (sun protection factor) 15
- Teach children to take frequent drink breaks and "wet down" or mist themselves with a spray bottle to avoid becoming overheated.
- Try to spend as much time indoors as possible on very hot and humid days



FREE SMOKE

DETECTORS

AVAILABLE!

For more information,

call us at 586-286-

0027, email us at

[fireprevention@maco](mailto:fireprevention@macomb-mi.gov)

mb-mi.gov

Or, stop by your

closest Fire Station

during normal

business hours.

Propane (LPG) Storage



U.S. fire departments responded to an estimated annual average of 1,170 home structure fires involving LP-gas in 2003-2007. These fires resulted in 34 civilian deaths, 135 civilian injuries and \$48 million in direct property damage according to the NFPA.

Practicing safe storage and handling procedures is the number one way to prevent these types of emergencies from occurring in your home.

-Never store any propane cylinders larger than 1 pound in your home.

-Cylinder tanks for equipment such as ovens and stoves must be stored outside of the home.

-Never operate a propane powered gas grill inside of the home.

-Do not store propane cylinders in your vehicle or in any other environment where they could become overheated and relieve gas.

Summer Storm Season



As peak storm season is in full swing, taking a few precautions can go a long way toward minimizing damage and injury when severe weather hits.

1. When Severe Weather is approaching, seek shelter in a sturdy building, preferably in a basement. If you do not have a basement, seek shelter in the inner-most room or hallway of your home away from windows.
2. Manufactured homes provide very little if any protection in high winds such as tornadoes. Seek shelter in the community clubhouse or other sturdy buildings.
3. Nearly half of all fatalities during a flash flood involve a person in a vehicle. Do not drive into a flooded area.
4. It only takes 6 inches of fast-moving water to sweep a person off of their feet. Do not walk through a flooded area.
5. When lightning strikes, get to a building or vehicle. You are safer from lightning in a vehicle than outside.
6. Remember that lightning can travel more than 10 miles from a thunderstorm.

Lightning Safety

Thunder and lightning storms happen all the time. Know what to do to keep you and your family safe when storms strike!

Safety Tips

Outdoor Safety

- » **If you can hear thunder**, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- » **Do not go under trees** for shelter. There is no place outside that is safe during a thunderstorm.
- » **Wait at least 30 minutes** after hearing the last clap of thunder before leaving your shelter.
- » **Stay away** from windows and doors. Stay off porches.
- » **There is no safe place outside.** Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm. Small sheds should not be used.
- » **If a person is struck** by lightning, call 9-1-1. Get medical help right away.

Indoor Safety

Turn off computers. Stay off corded phones, computers, and other things that put you in direct contact with electricity or plumbing. You **can use** a cell or cordless phone.

Do not wash your hands, bathe, shower, do laundry, or wash dishes.



FAST FACTS

Lightning may strike as far as 10 miles from any rain.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169