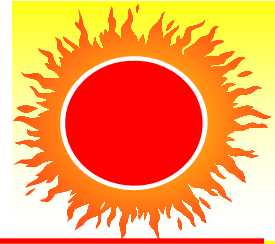


HEAT AWARENESS

Tolls of Extreme Heat

- Heat kills by taxing the human body beyond its abilities.
- Over 200 people succumb to the demands of heat on an annual basis.
- Nationally, 29 children die each year from heat stroke.
- In the disastrous heat wave of 1980, across the nation more than 1,250 people died.



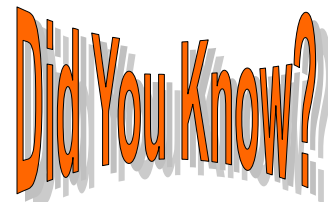
Contributing Factors

- Stagnant air conditions in cities add the stress of pollution.
- Sunburn can significantly retard the skin's ability to shed excess heat.
- Alcohol and certain medications can limit the ability to remove excess heat.

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What to Look For

- Excessive Heat Outlooks from the Climate Prediction Center - available on the web at http://www.hpc.ncep.noaa.gov/heat_index.shtml.
- National Weather Service Excessive Heat Watches, Excessive Heat Warnings, Heat Advisories, and Zone Forecasts.



Actions to Prevent Heat Disorders

- Never leave children or pets inside a vehicle on hot sunny days.
- Drink plenty of water or other nonalcoholic fluids.
- Slow down – Reduce, reschedule, or eliminate strenuous activity.
- Dress for the heat – Wear lightweight, light-colored clothing.
- Minimize exposure to sun - Schedule activities for cooler times of day.

On a hot and sunny day, the temperature within a dark colored vehicle will rise more than 3°F/5 minutes and can ultimately reach a temperature near 150°F in just an hour, even if the windows are open.

First Aid for Heat Disorders

Heat Disorder	Symptoms	First Aid
Sunburn	Redness and pain. Swelling of skin, blisters, fever, and headaches.	Ointments or a dry sterile dressing. Severe cases should be seen by physician.
Heat Cramps	Painful spasms of muscles. Heavy sweating.	Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale, and clammy. Thready pulse. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.
Heat Stroke	High body temperature (106°F or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.	Summon emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.

Heat Index Chart

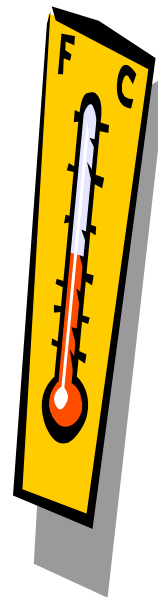
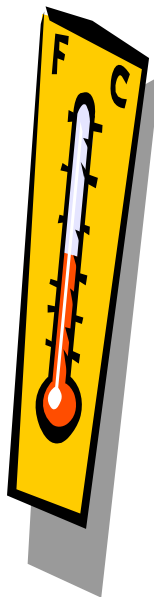
Temperature (F) versus Relative Humidity (%)

°F	90%	80%	70%	60%	50%	40%
80	85	84	82	81	80	79
85	101	96	92	90	86	84
90	121	113	105	99	94	90
95		133	122	113	105	98
100			142	129	118	109
105				148	133	121
110						135

HI	Possible Heat Disorder:
80°F - 90°F	Fatigue possible with prolonged exposure and physical activity.
90°F - 105°F	Sunstroke, heat cramps and heat exhaustion possible.
105°F - 130°F	Sunstroke, heat cramps, and heat exhaustion likely, and heat stroke possible.
130°F or greater	Heat stroke highly likely with continued exposure.

Did You Know?

Since HI values were devised for shady, light wind conditions, exposure to full sunshine can increase HI values by up to 15°F.



A full color version of this publication is available on-line at <http://www.wrh.noaa.gov/ggw/heat.pdf>

Additional heat awareness information is available at the following web site: <http://www.nws.noaa.gov/om/heat/index.shtml>

