



## ***NY Fire Consultants, Inc. Fire Safety Message***

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### **SUMMER HEAT SAFETY**

As winter has come and gone, we are anxious to store away its reminders like shovels, heaters, boots and warm apparel. Instead, the onset of warmer weather has us longing for day's outdoors, family barbeques, golf, baseball, vacations, and long strolls around the neighborhood. Let's not forget that the warmer temperatures bring their own set of concerns and problems. The number one concern is heat. Heat can cause serious problems with your health and safety.

When the weather is hot, your body works overtime trying to stay cool. Excess heat escapes through sweating, exhalation of air and increased blood flow to the skin. Hot weather can overwhelm those mechanisms, leading to uncomfortable and oftentimes harmful symptoms. Heat problems are preventable with the proper precautions. Be aware and enjoy the summer.



Photo: Spencer T Tucker - NYC Parks & Recreation

#### **Symptoms of Heat-Induced Ailments:**

- Dehydration - thirst, less frequent urination
- Prickly heat bumps - irritating skin rash
- Cramps: painful muscle contractions
- Edema - swelling of hands and feet
- Exhaustion / Fatigue - characterized by clammy skin, paleness, dizziness, nausea, fever, and headache

Seek immediate medical help if you or someone else develops the following symptoms that may be a **Heat Stroke** - the most severe of heat illness which is a life threatening situation:

- Lethargy, sluggishness
- Rapid heart rate and breathing
- Confusion, disorientation, agitation, irritability
- High body temperature
- Intense muscle aches, fever, diarrhea or nausea
- Convulsion, fainting, seizure, loss of consciousness

**HEAT STROKE IS A MEDICAL EMERGENCY - CALL 911 IMMEDIATELY**

Support for a Heat Stroke Victim: while you are waiting for help to arrive you can assist the person by doing the following:

- Get the person out of the heat to a cooler environment - take indoors if possible;
- Fan the person with a newspaper or towel - to cool the body;
- Loosen or remove clothing and sprinkle the skin lightly with water;
- Elevate feet to direct blood flow back towards the head;
- If available: apply icepacks to the groin area or armpits.

**Some people are at greater risk than others to suffer heat-related illness:**

- Infants and young children;
- People aged 65 and older;
- People with mental illness;
- Those persons who are physically ill, or have heart disease or high blood pressure;
- Those persons who must work in / wear protective equipment: helmets, respirators, heavy clothing.

**How to Beat the Heat - some prevention tips:**

- Drink more fluids such as water or electrolyte drinks (sports drinks) to prevent dehydration.
- Wear loose fitting, lightweight, light colored clothing.
- Avoid drinking liquids that contain caffeine, alcohol or large amounts of sugary sodas - these cause a loss in body fluids.
- Stay indoors (if possible) in an air-conditioned place. If you do not have air conditioning go to a shopping mall, public library, or City-sponsored cooling centers -a few hours spent in these environments can help your body stay cooler.
- Electric fans may provide comfort, but when temperatures soar in the 90s, fans do little to prevent heat-related illness.
- NEVER leave the elderly, children or pets in a closed, parked vehicle.
- Medications - consult your health care provider or pharmacist to see which medicines are affected by heat conditions.

- Limit exercise to moderate activity. Do not exert yourself. Try to exercise during cooler periods of the day such as early morning or late evening hours.
- Rest - whenever necessary.

**Additional Resources:**

NYC office of Emergency Management - Ready New York Extreme Heat Information

<http://www.nyc.gov/html/oem/html/hazards/heat.shtml>

NYC office of Emergency Management - Emergency Management Online Locator System (EMOLS)

A cooling center is a facility, such as a senior center or community center, where people may go to enjoy air-conditioned comfort during a heat emergency. There are scores of cooling centers around the City, most of which are open during regular business hours.

During a heat emergency, the Emergency Management Online Locator System (EMOLS) provides information on city-operated cooling centers.

[http://www.nyc.gov/html/oem/html/emols/emols\\_cc.html](http://www.nyc.gov/html/oem/html/emols/emols_cc.html)

## Home Fire Checklist

Thousands of people are killed and tens of thousands injured each year during residential fires. In fact, the United States Fire Administration has identified fire as the third leading cause of accidental death in the home; around 80 percent of all fire deaths occur in residences. With statistics as alarming as these, what steps can you take to reduce the chances of injury to or death in your family, due to a fire in your home?

This information highlights examples of safety precautions you can take to help protect yourself, your family, and your property. This list is not meant to be all encompassing. Moreover, a particular precaution may not be effective in all circumstances.

Entries

- ✓ Easily accessible keys near all doors with deadbolt locks

Living, Dining, and Family Rooms

- ✓ Extension cords placed safely away from areas where they could be stepped on or tripped over
- ✓ Outlet surge protectors for audio, video, and computer equipment

### Kitchen

- ✓ A smoke detector on the same floor as the kitchen
- ✓ A fire extinguisher is a good investment
- ✓ Electrical outlets that are fitted with ground-fault circuit interrupters; circuits not overloaded
- ✓ Electrical outlets are up to code
- ✓ Individual shut-off valves for each gas appliance
- ✓ Flexible gas connectors located where they can't be kicked or bent
- ✓ A range hood or vent kept free of built-up grease
- ✓ Storage for cloth items (such as hot pads and dish towels) and paper items well away from the range
- ✓ A list of emergency numbers located prominently near the phone.

### Laundry Room

- ✓ A smoke detector
- ✓ Regularly cleaned dryer venting
- ✓ Clean exhaust lines monthly and make sure they are not crushed or damaged

### Furnace Room

A smoke detector

### Bedrooms

- ✓ A smoke detector
- ✓ A list of emergency numbers posted near any telephones
- ✓ An intercom that lets you alert the household in an emergency
- ✓ All windows can be easily opened

### Garage

- ✓ A smoke detector
- ✓ All stored paint thinners or gasoline are in regulation containers that are clearly labeled
- ✓ All chemicals and gasoline are stored far away from heat sources

### Workshop

- ✓ A smoke detector
- ✓ A fire extinguisher
- ✓ Electrical outlets equipped with ground-fault circuit interrupters
- ✓ A telephone for summoning emergency help

### Stairways

- ✓ All stairways are clear of clutter

### Smoke Detectors

- ✓ Placed near bedroom
- ✓ On every level of your home
- ✓ Batteries tested monthly
- ✓ Away from air vents; six inches from where walls and ceiling meet
- ✓ Batteries replaced at least once a year

### Electrical Wiring

- ✓ Replaced if frayed or cracked
- ✓ Not under rugs, over nails or in high traffic areas
- ✓ Outlets not overloaded
- ✓ Outlets cool to touch, not hot
- ✓ Outlets have cover plates and no exposed wiring

### Electric Space Heaters

- ✓ Plugged directly into wall sockets, not extension cords
- ✓ Unplugged when not used
- ✓ Away from curtains, walls, furniture or other flammables

### Fireplaces

- ✓ Used only with seasoned, never green, wood
- ✓ Protected by screens
- ✓ Interiors, hearths and chimney cleaned annually

### Home Escape Plan

- ✓ Practiced every six months
- ✓ Emergency numbers, whistle and flashlight near bed
- ✓ Outside meeting place identified
- ✓ Know two ways to escape from every room
- ✓ Discussed what to do about getting small children, elderly household members, and family pets out of the house
- ✓ Know how to call for emergency assistance

### NY Fire Consultants Services:

#### Fire and Life Safety Consulting

Fire and Life Safety Inspections  
Fire Safety Plans for Residential Buildings (LL 10 of 1999)  
Fire Safety & Evacuation Plans Commercial (Class E) Buildings

#### Interior Fire Alarms Consultants

#### Emergency Procedures Manuals

Fire & Evacuation Preparedness Training

#### Violations Correction & Removal

Environmental Control Board  
Fire & Building Department  
Housing Preservation & Development

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