

Heat Wave Safety Checklist

Excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Generally temperatures are 10+ degrees above the average high temperature for the region during summer months.

KNOW THE DIFFERENCE

Excessive Heat Watch - Conditions are favourable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days.

Heat Advisory - Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days.

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- ❑ Listen to local weather forecasts and stay aware of upcoming temperature changes.
 - ❑ The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index.
 - ❑ Discuss heat safety precautions with members of your household. Have a plan for wherever you spend time - home, work and school - and prepare for the possibility of power outages.
 - ❑ Check the contents of your emergency preparedness kit in case a power outage occurs.
 - ❑ Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
 - ❑ If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).
 - ❑ Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
 - ❑ Get trained in first aid to learn how to treat heat-related emergencies. Ensure that your animals' needs for water and shade are met.