

Excessive Heat



CERT Basic Training Hazards

Heat Wave



Prolonged period of excessive heat, often combined with excessive humidity



Effects of Excessive Heat

- Body must work extra hard to maintain its normal temperature
- Those at risk
 - Elderly
 - Very young
 - Disabled
 - Men (perspire more than women)
- People in urban areas at greater risk

Heat Wave Risks

- Heat cramps
- Heat exhaustion
- Heat/Sun stroke



During a Heat Wave

- Seek air conditioning
- Avoid strenuous activities during heat of day
- Wear lightweight, light-colored clothing
- Check on family members and neighbors
- Drink plenty of fluids
- Take frequent breaks

Preparing the Home

- Install additional insulation
- Protect windows and glass doors
- Use attic fans

