

SAFETY



MONDAY



Ways Heat Can Impact the Body:

Your body wants to maintain a core body temperature of roughly 98.6 degrees. When the body cannot get rid of the heat, it stores it. When the air temperature is warmer than a body's temperature, blood cannot dissipate heat through the skin via circulation. So, how can heat affect the body?

Conduction:

Heat transfer to objects in direct contact with the body.

Convection:

Heat transfer to air moving over the skin.

Radiation:

Heat transfer to or from objects that the body is not in direct contact with.

Evaporation:

Heat transfer through the lungs or skin via air or moisture (sweat).

HEAT STAGES:

1. Heat Advisory

A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is that the maximum heat index temperature is expected to be 100°F or higher for at least two days, and nighttime air temperatures will not drop below 75°F.

2. Heat Wave

A heat wave is forecasted when the daily maximum temperature exceeds 95 degrees Fahrenheit or when the daily maximum temperature exceeds 90 degrees Fahrenheit and is 9 degrees Fahrenheit or more above the maximum reached on preceding days.

3. Excessive Heat Warning

An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is that the maximum heat index temperature is expected to be 105°F or higher for at least two days and nighttime air temperatures will not drop below 75°F.

4. Excessive Heat Watch

A Heat Watch is issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased, but its occurrence and timing are still uncertain.

5. Excessive Heat Outlook

An Outlook is issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead time to prepare for the event.