

## Whitman Fire Department

Timothy J. Grenno, Fire  
Chief

56 Temple St.  
Whitman, MA 02382



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### FOR IMMEDIATE RELEASE

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Contact: Benjamin Paulin  
Phone: 781-428-3299  
Email: [ben@jgpr.net](mailto:ben@jgpr.net)

# Whitman Fire Department Offers Hot Weather Safety Tips Ahead of Potential Heat Wave

WHITMAN – As the hottest weeks of summer approach, Chief Timothy Grenno would like to remind residents to take safety precautions during their summer activities, especially those that take place outdoors.

"With a heat wave predicted for later this week and temperatures expected to reach into the 90s, we wanted to provide residents with some tips to avoid injury or heat-related illnesses," Chief Grenno said. "We will be monitoring the situation this week and will open up a cooling center in town if necessary."

The Whitman Fire Department recommends the following safety tips from the American Red Cross and National Safety Council:

## Heat Safety Tips:

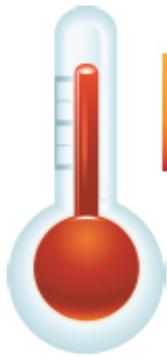
- Hot cars can be deadly. Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach over 100 degrees, even on a 70 degree day.
- Stay hydrated by drinking plenty of fluids, like water.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- If someone doesn't have air conditioning, they should seek relief from the heat during the warmest part of the day in places like libraries, theaters, malls, etc.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day, which is typically around 3 p.m.
- Postpone outdoor games and activities if the temperature is too hot.
- Avoid extreme temperature changes.
- Take frequent breaks if working outdoors.
- Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.
- [Learn to recognize and treat heat illnesses.](#)

## Tips for Parents:

- Limit playtime at peak sun exposure time and familiarize yourself with the signs of heat illnesses.
- Avoid burns. If playground equipment is hot to the touch, it is too hot for your child's bare skin.

To learn more about summer safety, visit the [American Red Cross](#) or [National Safety Council](#) websites.

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# BEAT THE HEAT:

## Extreme Heat

Heat related deaths are preventable

### WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



Children

### WHO:

More males than females are affected



Older adults



Outside workers



People with disabilities

### WHERE:



Houses with little to no AC



Construction worksites



Cars

### HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes

Source: Centers for Disease Control and Prevention

A message from the Whitman Fire Department

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John Guilfoil Public Relations LLC  
8 Prospect St.

Georgetown, MA 01833  
617-993-0003