



HEAT SAFETY TIPS

Chief Sam DiGiovanna currently serves as the Co-Director of the Verdugo Fire Academy. Prior to GCC, his more than 35 years in fire service included stints with the LA Co. Fire Department and 20 years with the City of Monrovia, six years as fire chief. You may have seen him on NBC-4 Los Angeles where he provides fire/life safety stories.

Chief Sam provides articles on staying safe to share with the college community. Here are his tips for being safe in the heat.

With warm temperatures moving in early, and with even warmer months ahead, it's important to prepare for ways to "Beat the Heat!"

Here are some tips to avoid heat-related health problems.

- If available, stay in an air-conditioned area during the hottest hours of the day (10 a.m. – 4 p.m.)
- Keep shades/blinds closed to keep sunlight out and cool air in.
- Wear light, loose-fitting clothing.
- Drink plenty of water (avoid alcohol and sugary drinks) and don't wait until you are thirsty. A minimum of eight glasses of water (eight ounces each) throughout the day.
- Take cool showers.
- Never leave a child, elderly person, or pet unattended in a car. At 73 degrees a car can reach 100 degrees in 25 minutes. These temperatures are much higher and much deadlier if not careful!
- Avoid unnecessary hard work or activities outside during the hottest part of the day.
- Take breaks often if working outdoors.
- Avoid using the oven to cook.
- Be prepared for power outages.

Fire Chief Sam DiGiovanna
Verdugo Fire Academy