



Yakima Fire Department



News Release

Subject: Summer Heat Safety Tips

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YFD Offers Summer Heat Safety Tips

With temperatures expected to reach triple digits next week, the Yakima Fire Department (YFD) reminds residents to be safe during outdoor summer activities.

"Yakima is expected to see temperatures approach 100 degrees through the first part of next week," Fire Chief Aaron Markham said. "Residents should take precautions during outdoor activities, especially during times when the heat is at its peak."

The National Weather Service forecasts temperatures within the City of Yakima to reach 99 degrees on Monday, August 5th, and 100 degrees on Tuesday, August 6th.

To prevent illness and injuries, YFD recommends the following safety tips from the American Red Cross and National Safety Council. They include:

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

Call 575-6060 or visit <https://yakimafire.com/> for more about the Yakima Fire Department.