

Practice Heat Safety Wherever You Are!

Weather Forecast Office
Fort Worth, TX

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125°

Within **30 minutes**, the car's interior can climb from 90° to 125°.

114°

On a 95° day, it only takes **10 minutes** for the inside of your car to reach 114°.

109°

Outside Temp: 90°
In 10 minutes, the inside of your car may be as much as **20 degrees hotter!**

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.



Job Sites

Stay hydrated and take breaks in the shade as often as possible.



Indoors

Check up on the elderly, sick and those without AC.



Vehicles

Never leave kids or pets unattended - LOOK before you LOCK



Outdoors

Limit strenuous outdoor activities, find shade, and stay hydrated.

Protect your family and pets!



**If you see an child or animal in a car on a hot day, try to locate the owner, or call 911 !
Stay by the car until help arrives.**

Source: ASPCA & National Weather Service: www.weather.gov/heat