Summer Heat Dangers

Posted on Jul 05, Posted by Kenny Martin Category Reflections From An Old Friend

With summer now upon us and temperatures in the triple digits, there is no time like the present to remind everyone of the importance of not leaving any child, senior citizen or pet unattended in an automobile. There have been countless deaths and injuries all across or nation and these all could have been avoided. Temperatures inside an automobile can reach temperatures up to 140 degrees and higher in a matter of minutes.

Assuming the air conditioning will continue to work while occupants are left unattended in an automobile is a dangerous practice that should never be attempted as well for various reasons. The elderly, children and pets are prone to becoming overcome by rising temperatures inside closed automobiles and are often times unable to seek help when needed. Unfortunately, the end result can be heat stroke, injury and even death.

I know that most of you are saying, “I would never dream of doing such a thing or taking such a chance”. However, statistics show that each and every year far too many chances or oversights occur causing serious injury and death to not only humans, but pets as well. Even with the automobiles windows down, temperatures can reach 125 degrees in twenty minutes.

Other dangers with summer heat and bright sunlight are sunburn, accidental burns and dehydration. Items within an automobile such as: Vinyl interior parts, metal interior parts and even leather can absorb the heat and sunlight causing instant burns to unprotected body parts

upon contact. Placing a car cover, window shades and even towels across prone areas of your automobile can prevent such tragedies from occurring. Sunburn can be avoided by covering exposed parts of the body with clothing, shade or sun blocking lotions. Dehydration can be avoided by consuming lots of liquids, especially water regularly.

Thirst is one indicator of dehydration, but is not an early warning sign. By the time you feel thirsty, you might already be dehydrated. Other symptoms of dehydration include but are not limited to the following:feeling dizzy; having a dry or sticky mouth; producing less sweat; pale cold skin; disorientation; nausea and light headedness.

We must also do all we can to check in on the shut- ins, sick and elderly who live alone. These individuals can become overburdened with rising medical and utility costs often finding themselves without air conditioning. Please keep them in your thoughts.

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