

# Practice Heat Safety Wherever You Are!

Weather Forecast Office

Fort Worth, TX

Issued July 11, 2023 4:13 PM CT



**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](http://www.weather.gov/heat)



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[weather.gov/fortworth](http://weather.gov/fortworth)