



SAN FRANCISCO FIRE DEPARTMENT
Public Information Office

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PUBLIC SERVICE ANNOUNCEMENT

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For Immediate Release PST
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Preventing Heat-related Injuries and Fires

(San Francisco, CA) –San Francisco is experiencing a heat-wave on this Labor Day weekend. Holiday weekends usually bring people outdoor for various activities and family barbeques.

The San Francisco Fire Department is issuing a list of preventative measures that can be taken to reduce the risk of heat-related injuries and fires.

Preventing Heat-related Injuries:

- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned, and using air conditioning in vehicles.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Limit outdoor activity, especially midday when the sun is hottest.
- Check on a neighbor or someone who lives alone.
- Take cool showers or baths to cool down.

Preventing House Fires:

- Lawn mowers, weed eaters, chain saws, grinders and welders can all spark a vegetation fire.
- Do all yard work that requires gas or an electrical motor before 10AM, not in the heat of the day or when the wind is blowing.
- Never use lawn mowers in dry vegetation.
- Don't overload circuits with fans and air conditioners. Overloaded circuits can start an electrical fire.
- Don't use a BBQ grill when the wind is blowing and be sure all coals are fully extinguished when done.

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