

Excessive Heat



[Audio Public Service Announcement \(PSA\)](#)

While summer brings with it the warm temperatures and sunshine that we crave all winter, too much of anything can be harmful. Buffalo's summers are generally mild, as we average only about one day each summer month with temperatures above 90°F and never a day above 99°F, Buffalo does experience excessive heat from time-to-time. The combination of a hot and humid day can make it difficult for your body to cool down. Excessive sweating can quickly lead to dehydration. Both conditions can lead to heat-related illnesses.- heat cramps, heat exhaustion, and heat stroke. Do you know the signs?

Recognize the Signs of Heat Illness

- **Heat Cramps:** heavy sweating and muscle cramps in the legs and abdomen. Massage cramps and give sips of water.
- **Heat Exhaustion:** In addition to above signs; dizziness, nausea and vomiting. Move person to a cool place, lay them down, loosen clothing and give sips of water.
- **Heat Stroke:** body becomes overwhelmed by the heat and begins to stop functioning In addition to above signs; mental confusion, headaches, shallow breathing, fainting. Call 911 or get victim to medical aid immediately.

NOAA's National Weather Service

Heat Index
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger

Common Sense Tips for Excessive Heat

- Drink plenty of non-alcoholic liquids. Don't wait until your thirsty.
- Wear light-weight, light colored clothing.
- Limit outdoor activity to morning and evening hours.
- Cut down on exercise. Athletes should be limited on the amount of physical activity that they participate in.
- Campus offers plenty of air-conditioned buildings, or if outside, shady areas to rest in.



Drink plenty of non-alcoholic liquids.

Protect Yourself from UV Rays

Slip on a shirt. Slop on sunscreen. Slap on a hat.



Use sunscreen and avoid this – ouch – and reduce your risk for skin cancer.

UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX
1	2	3	4	5	6	7	8	9	10	11+
No Protection Required			Protection Required				Extra Protection			
You Can Safely Stay Outside!			Seek shade during midday hours!				Avoid being outside during midday hours!			
			Slip on a shirt, slop on sunscreen and slap on a hat!				Make sure you seek shade!			
							Shirt, sunscreen and hat are a must!			

Click on UV chart for mid-day UV Index