



Excessive Heat Warning—Be Prepared

Environment

- High temperatures, especially with high humidity, which makes sweating less effective
- Direct sun exposure
- Lack of wind or breeze to cool the body; however, when ambient conditions are higher than body temperature, warm airflow can actually increase heat gain
- Proximity to engines or other hot equipment

Activities

- High exertion
- Not enough rest breaks
- Repeated strenuous days in the heat
- High motivation to push through discomfort from heat strain

Medications

Heat tolerance can be affected by medications taken for

- cold, allergies, and congestion
- muscle spasms
- blood pressure
- urine production (diuretics)
- high blood pressure
- diarrhea
- dizziness/vertigo
- psychosis
- depression

Health Conditions

- Short-term illnesses, such as diarrhea, vomiting, or respiratory infections
- Chronic conditions, such as diabetes and heart disease
- Being overweight or obese
- Poor physical fitness

No Acclimatization

- New employees
- Experienced employees returning from time away from the heat
- Acclimatized workers who experience a sudden change in worksite temperature, such as heat waves or mining in a new area

Dehydration

- One of the most important risk factors

Prior Heat Illness

- Increases the risk of heat illness in the future

Other Factors

- Age over 60
- Non-breathable clothing or personal protective equipment
- Alcohol use in the past 24 hours

The National Weather Service has issued an excessive heat warning through Saturday at 9:00 p.m. and may extend the warning. The current forecast calls for highs of 113 Tuesday through Saturday in Boulder City. Extreme heat increases health issues like dehydration, heat cramps, heat stroke and exhaustion. Young children and pets should never be left unattended in vehicles - EVER. Temperatures in cars can reach 200-degrees., killing children or pets in ten minutes or less. (The Animal Shelter reports one recent Boulder City pet death from being in a car.) Drink plenty of non-alcoholic beverages, stay in a cool, air-conditioned room, avoid sun exposure, and please check on relatives and

neighbors, especially the elderly. If outdoors, avoid strenuous activity and take rest breaks in shaded or cool places. Know the symptoms of heat stroke and heat exhaustion:

HEAT STROKE: If someone has a throbbing headache, confusion, faints or loses consciousness, has a rapid pulse and/or a fever above 103-degrees, CALL 911. Heat strokes can be deadly.

HEAT EXHAUSTION: If someone has dizziness, blurred vision, headache, fever, fatigue, nausea, rapid/shallow breaths, severe sweating or clammy skin, they may be suffering from heat exhaustion. Get the person into a cool environment right away, have them lie down and place cold, wet cloths on neck and forehead to bring down body temperature. If symptoms worsen or they do not recover within 60 minutes, seek medical assistance.

Dates to Remember in June & July

If unvaccinated, you will be required to wear a face covering. You can still email comments in advance or participate during the live stream by calling when prompted. Watch live on BCTV channel 2 (Cox subscribers in BC only) or online at www.bcnv.org/streaming.

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| • BC Municipal General Election Day | June 15 from 7 a.m. - 7 p.m. |
| • Planning Commission VACATED (lack of business) | June 16 at 6:00 p.m. |
| • City Council Regular Meeting | June 22 at 7:00 p.m. |
| • Historic Preservation Committee Meeting | June 23 at 5:00 p.m. |
| • Canvassing of Official Municipal Election Results | June 28 at 9:00 a.m. |
| • Utility Advisory Committee Meeting | June 30 at 3:00 p.m. |
| • OFFICES CLOSED FOR INDEPENDENCE DAY | July 5 |
| • Utility Advisory Committee Meeting | July 7 at 3:00 p.m. |
| • City Council Regular Meeting | July 13 at 7:00 p.m. |

Effective July 14—August 5, public meetings will be vacated as staff completes City Council Chamber renovations to designed to make City Hall more compliant with the Americans with Disabilities Act. Meetings are scheduled to resume with the City Council Regular Meeting on August 10, 2021.

City of Boulder City Communications

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