



Weather Safety during Warm Season

Heat

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.

weather.gov/heat

Thunderstorms





Heat Safety Precautions

- Monitor weather forecasts and stay aware of upcoming temperature changes.
- Be aware of both the temperature and the humidity. The heat index is the temperature the body feels when the effects of heat and humidity are combined.
- *Exposure to direct sunlight can increase the heat index by as much as 15° F.*
- Avoid extreme temperature changes.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.





Heat Safety Precautions

- **Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.**
- **Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.**
- **Eat small meals and eat more often.**
- **Use a buddy system when working in excessive heat.**
- **Take frequent breaks if you must work outdoors.**
- **Postpone outdoor activities, when possible.**





Heat Safety Links

- **NWS Heat Safety**
 - <https://www.weather.gov/safety/heat>
- **VT Dept. of Health Heat Safety**
 - <http://healthvermont.gov/emerg/extremeheat.aspx>
- **VT Principals' Association**
 - <https://www.vpaonline.org/site/handlers/filedownload.ashx?moduleinstanceid=283&dataid=566&FileName=vpa%20heat%20policy%20aug2015%20v4.pdf>
- **OSHA Heat**
 - <https://www.osha.gov/SLTC/heatstress/>
- **American Red Cross Heat Safety**
 - http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340158_HeatWave.pdf
 - <http://www.redcross.org/prepare/disaster/heat-wave>





Lightning Safety

True or False?

1.) Lightning doesn't strike the same place twice.

FALSE! It strikes tall objects frequently.

2.) Lying flat on the ground makes you more safe.

FALSE! It increases your chance of being affected by a deadly ground current. You should keep moving towards a safe shelter.

3.) A car is one of the safer locations to go if caught outside in a thunderstorm.

TRUE! But probably not why you might think. It's not the tires that protect you, it's the metal roof and sides. The charge goes through the metal frame and into the ground. DO NOT lean on doors during a storm.

If Caught Outside:

- Try to seek shelter inside or in a car
- Avoid open fields and water, as well as isolated tall objects and exposed areas
- Wait 30 minutes after storm has passed to resume your activities

Some Facts:

- About 25 million Flashes Per Year!
- On average, there are 54 US fatalities per year with hundreds injured
- Although lightning strikes have a 90% survival rate, injuries include burns and nerve damage
- Other damages from lightning include damage to electrical equipment, and fire damage.

When Indoors:

- Stay off corded phones (cell phones OK)
- Don't use electrical equipment
- Avoid using indoor plumbing
- Stay away from windows, doors, and porches
- Bring pets indoors



Lightning Safety

If Caught Outside:

- Try to seek shelter inside a building or in a car
- Avoid open fields and water, as well as isolated tall objects and exposed areas
- Wait 30 minutes after storm has passed to resume your activities



When Indoors:

- Stay off corded phones (cell phones OK)
- Don't use electrical equipment
- Avoid using indoor plumbing
- Stay away from windows, doors, and porches
- Bring pets indoors



Lightning Safety Links

- **NWS Lightning Safety**
 - <http://www.lightningsafety.noaa.gov/>
 - <http://www.nws.noaa.gov/os/lightning/resources/lightning-safety.pdf>
- **FEMA Lightning Safety**
 - <http://www.ready.gov/thunderstorms-lightning>
- **American Red Cross Lightning Safety**
 - <http://www.redcross.org/prepare/disaster/thunderstorm>



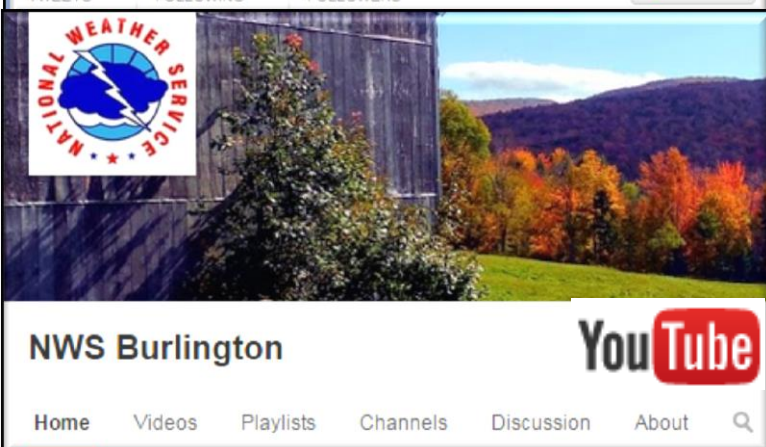


Questions???

Please feel free to contact us 24/7 via:

1. Telephone: [802-863-4279](tel:802-863-4279)

2. Email: nwsbtv.info@noaa.gov ****New e-mail address****



NATIONAL WEATHER SERVICE
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

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Local forecast by "City, ST" or ZIP code
Enter location ... [Location Help](#)

News Headlines

- Wind Advisory in Effect for Portions of the Area Noon through Midnight Wednesday
- Strong El Nino Sets The Stage For 2015-2016 Winter Weather - NOAA's Official U.S. Winter Outlook
- The 2015 Fall Edition of The Four Seasons Newsletter is Available!

NWS Forecast Office Burlington, VT
[Weather.gov](#) > Burlington, VT

Burlington, VT
Weather Forecast Office

Current Hazards Current Conditions Radar Forecasts Rivers and Lakes Climate and Past Weather Local Programs

Click on the map below to zoom in.

Watches, Warnings & Advisories

- High Wind Warning
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- Hazardous Weather Outlook

Last Map Update: Tue, Oct. 27, 2015 at 4:12:10 pm EDT



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