



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

UNIVERSITY *of* WASHINGTON

How to Prevent Heat-Related Injuries



www.hiprc.org/heat-safety

How to Prevent Heat-Related Injuries



Never leave a child alone in a car

Wear sunscreen

Take it easy outdoors

Always lock your car & keep keys out of reach

Schedule outdoor activities carefully

Look before you lock

Stay Hydrated

Dial 9-1-1 if you think you may have heatstroke

