

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.
Protect yourself and others from the
impacts of heat waves.

[weather.gov/heat](https://www.weather.gov/heat)



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



New York, NY
WEATHER FORECAST OFFICE



Heat Impacts: *Vulnerable Populations*



PREGNANT



NEWBORNS



CHILDREN



ELDERLY



**CHRONIC
ILLNESS**

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Use air conditioners and stay in the shade



Drink plenty of water, even if not thirsty



Wear loose-fitting, light-colored clothing



weather.gov

https://www.weather.gov/wrn/heat_infographics

NWS Heat Index and Effects...

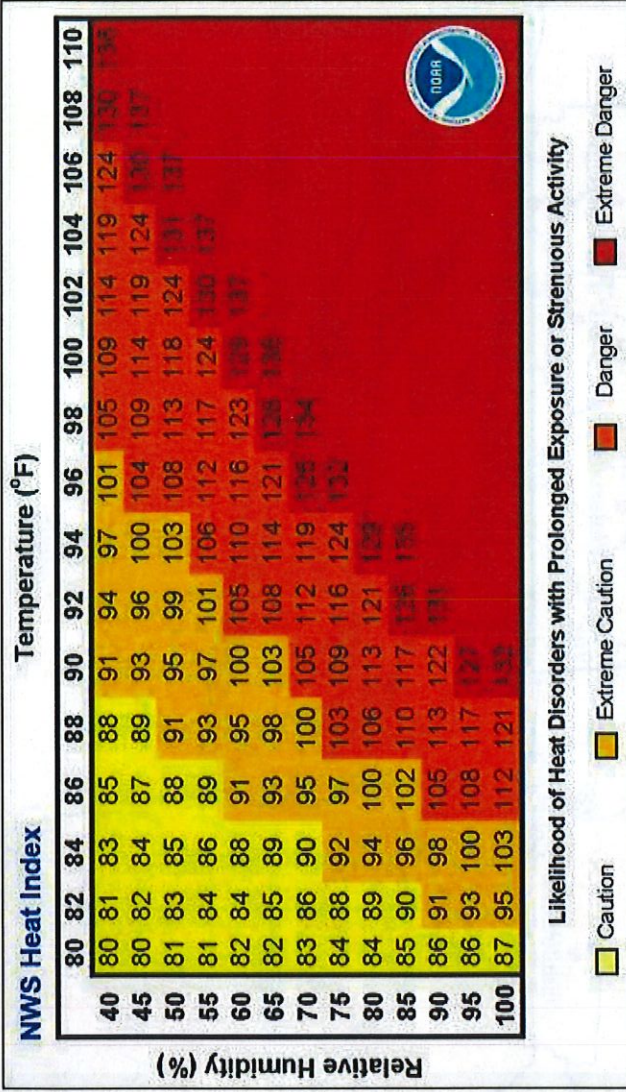


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Relative Humidity (%)

The heat index is a measure of how hot it really feels when relative humidity is factored in with air temperature. You can use this chart to find the heat index yourself. For more information on Heat Safety, please go to:

<https://www.weather.gov/safety/heat>



Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely

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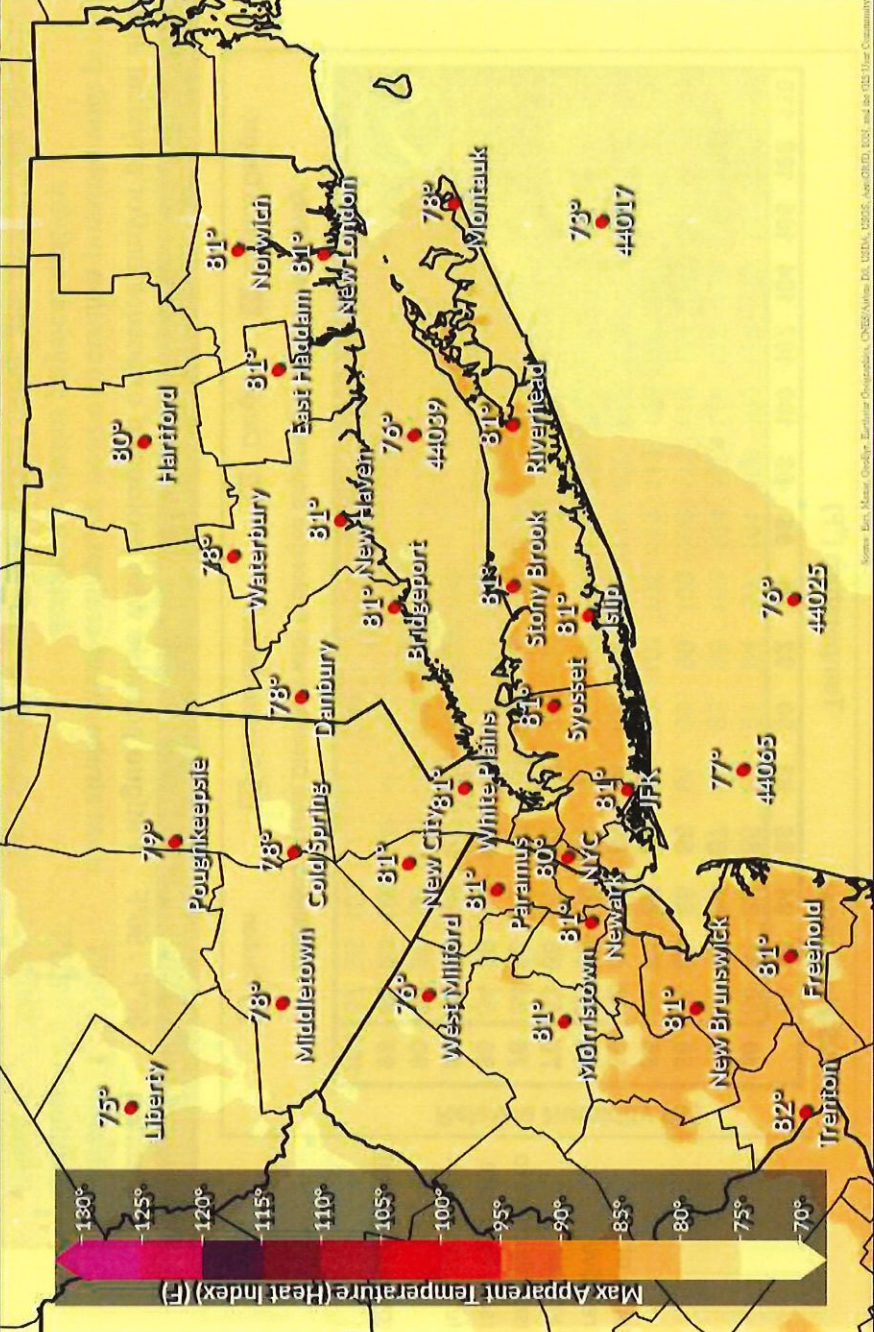
www.weather.gov/nyc



Weather Forecast Office
New York, NY
Issued Jul 26, 2023 7:07 AM EDT

Sunday's Heat Index

Valid Sun Jul 30 8:00AM through Sun Jul 30 9:00PM EDT



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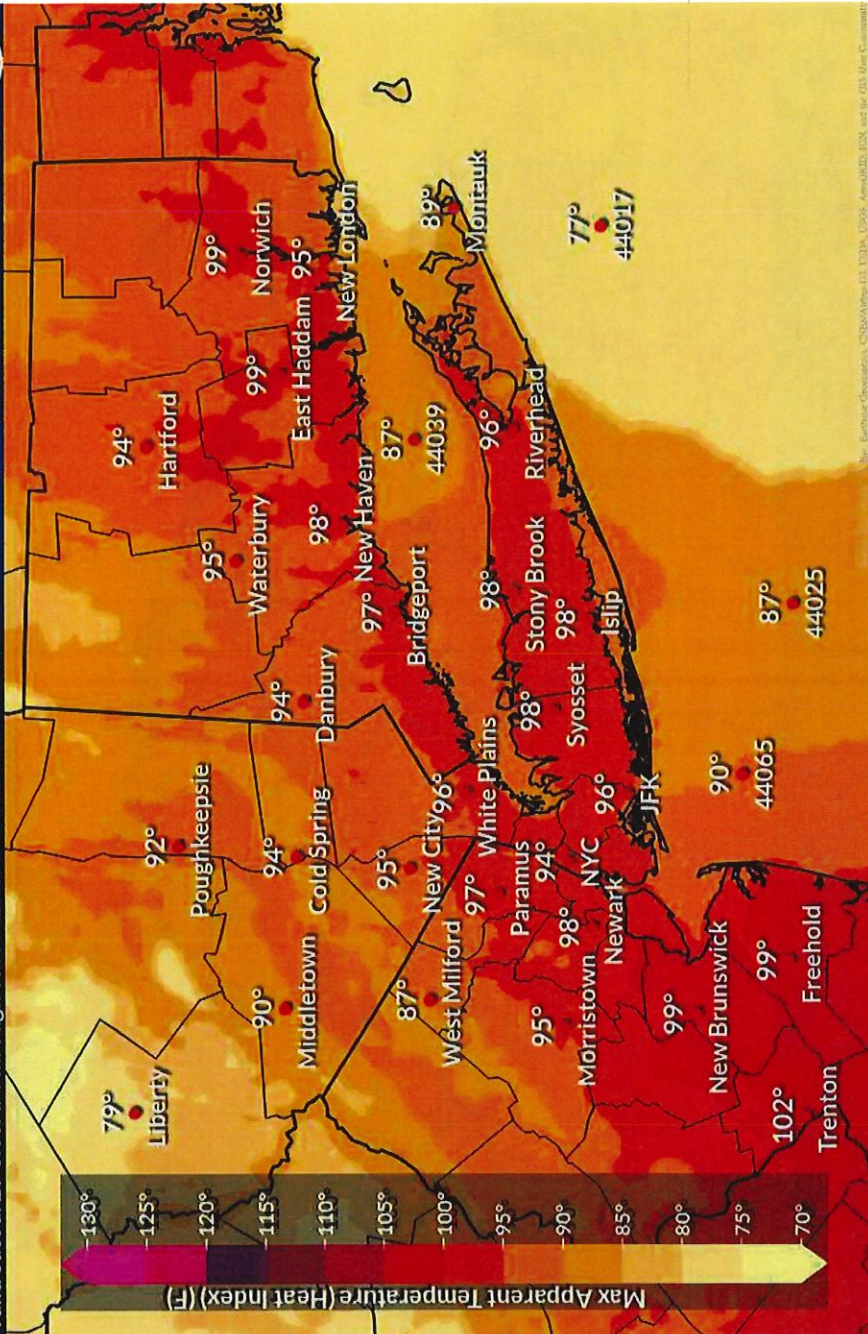
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Saturday's Heat Index

Valid Sat Jul 29 8:00AM through Sat Jul 29 9:00PM EDT



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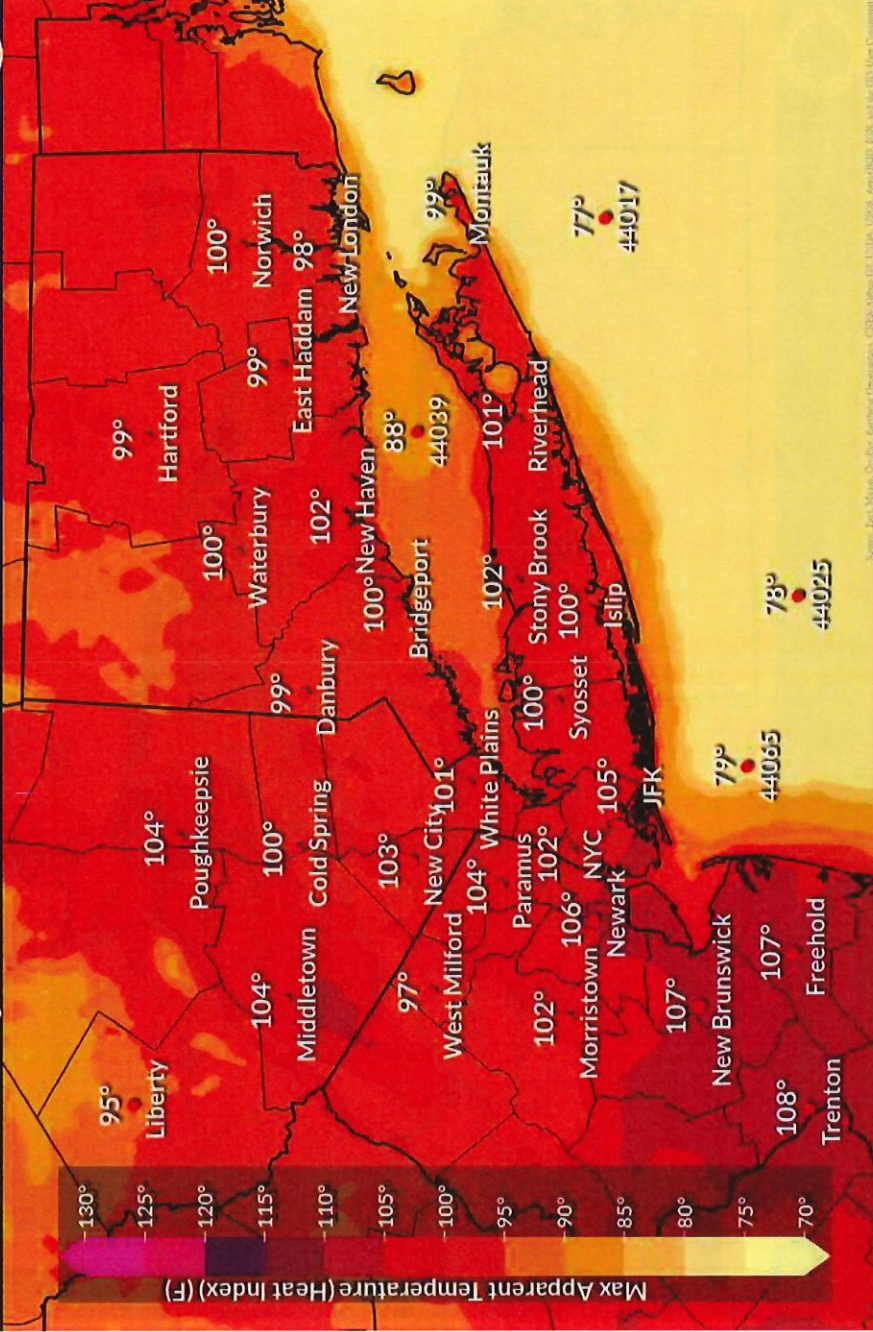
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Weather Forecast Office
New York, NY
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Friday's Heat Index
Valid Fri Jul 28 8:00AM through Fri Jul 28 9:00PM EDT



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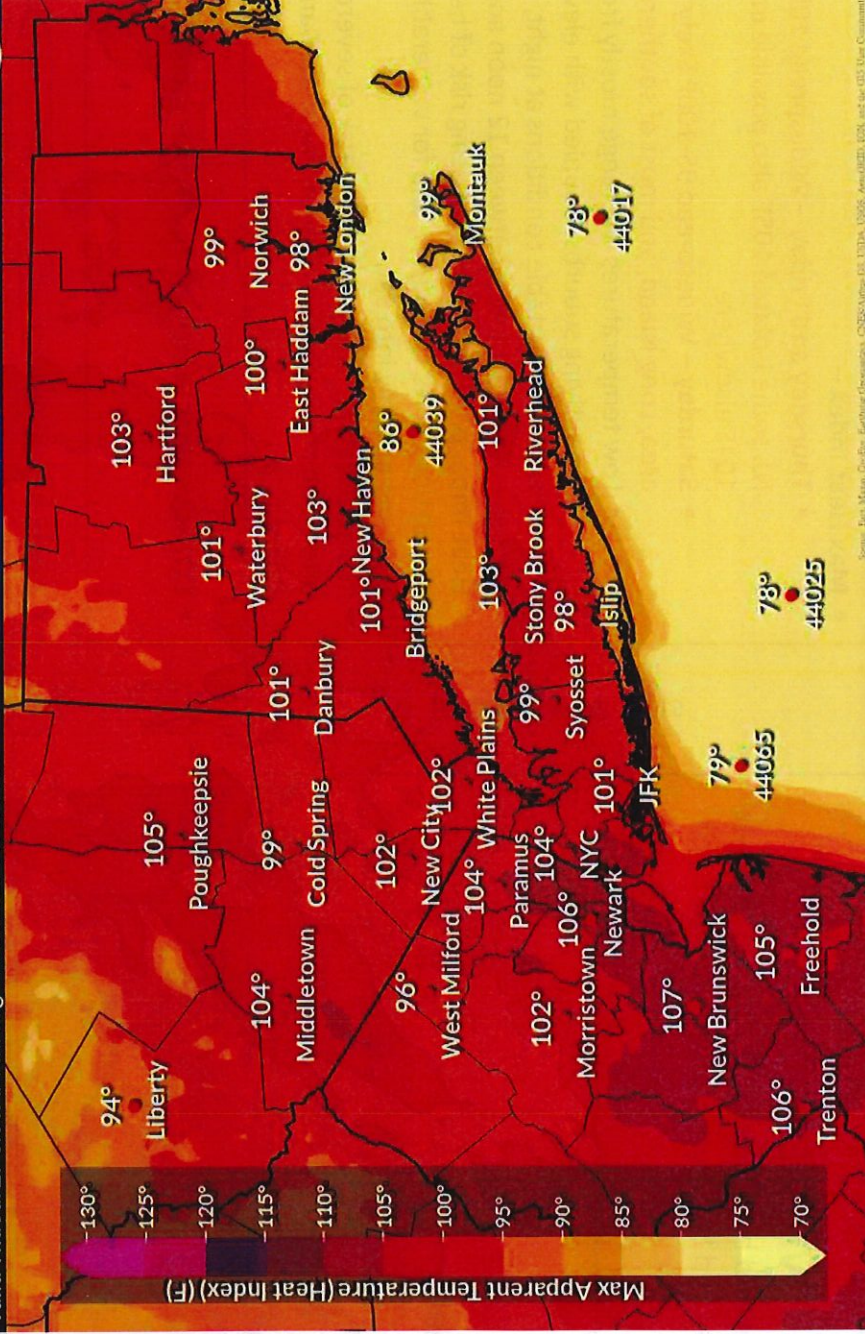
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Weather Forecast Office
New York, NY
Issued Jul 26, 2023 7:07 AM EDT

Thursday's Heat Index

Valid Thu Jul 27 8:00AM through Thu Jul 27 9:00PM EDT



Oppressive Heat and Humidity Thursday Through Saturday



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OVERVIEW

- Oppressive heat and humidity will build into the area from the Central and Southern US Thursday through Saturday.



Excessive Heat



Graphic Created
July 26th, 2023
7:13 AM EDT

HAZARDS & IMPACTS

▪ Max Heat Index –

- **Thursday and Friday** – Widespread 105F expected across most of NE NJ, some isolated 105F also possible in Staten Island/Brooklyn, 95-104F elsewhere
- **Saturday** – Widespread 95-100F likely across NE NJ, the NYC metro area, Long Island, and most of southern CT.
- Low temperatures will range mostly from 75-80, with lower 70s in the far outlying suburbs. Coupled with elevated humidity this will make for uncomfortable conditions at night, especially in NYC/NE NJ.
- **Timing** – Max heat index between 12 noon and 8 PM each day.
- **Heat Impacts** – There is an increasing risk of heat-related illness for all populations in NE NJ Thu/Fri, and for vulnerable populations elsewhere both days and possibly into Sat.
- **Thunderstorms** – There is a slight risk of severe thunderstorms during the late afternoon and evening hours on Thursday. Damaging wind is the primary threat.

NWS ALERTS

- **Excessive Heat Watch for Thu/Fri for most of NE NJ.**
- **Heat Advisory elsewhere Thu/Fri.**

POST-EVENT OUTLOOK

- A cold frontal passage will bring relief on Sunday.

NEXT BRIEFING

- By 5pm Wednesday.

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