



UFA Safety Message

An Official Communication
from the UFA Health and Safety Office

July 20, 2022



Heat Wave Safety Message

Hydrate, Hydrate, Hydrate!

The New York City area will be experiencing a heat wave this week. Temperatures are expected in the high 90s with real feel temps passing 100 degrees until at least Sunday.

These conditions make our job even more dangerous and difficult. Members should make every attempt to be well-hydrated when reporting to work and to utilize the RAC Units at the scene of assignments.

Companies shall “take time” whenever the need for recuperation is necessary, and especially after any fire. A cool shower and water will return the body’s temperature back to normal limits, preventing heat-related emergencies.

The CDC recommends: “When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes. This translates to $\frac{3}{4}$ –1 quart (24–32 ounces) per hour. Drinking at shorter intervals is more effective than drinking large amounts infrequently.”

This heat wave is dangerous to the average New Yorker, and it is even more dangerous for fully encapsulated New York City firefighters. It is just as important to look after those you work with, as they may be experiencing heat related illness and may not be aware of it. If another member looks to be ill, it needs to be addressed ASAP.

Stay safe!

Fraternally,

Michael Schreiber
Health and Safety Officer
Uniformed Firefighters Association

Andrew Ansbro
President
Uniformed Firefighters Association

Michael Schreiber
Sergeant-at-Arms / Health & Safety Officer
Uniformed Firefighters Association
Mschreiber@ufanyc.org
www.ufanyc.org
212.683.4832

