

# The Heat Can Be Dangerous

## What you need to know before you head out.

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Be careful in this heat. (August 10, 2009)

Richmond, VA. - There's only one word for weather like this, hot!

With the sun beating down Monday, it didn't take long for Central Virginia to reach the upper 90's. And The extreme heat sent many people to Patient First.

"The best treatment of dehydration is to prevent dehydration," says Dr. Scott Greenfield of Patient First's Midlothian Center.

Dr. Greenfield says you should drink plenty of water and avoid sunlight in the middle of the day.

He tells CBS 6, it's not just dehydration they're seeing but also an increase in burn-related injuries.

"Anything from people getting in their cars trying to attach their seat belts, those buckles can heat up. Parents taking their children out to play in school yards and so forth."

Greenfield says if you or your child suffers from a burn because of a seat belt buckle or playground equipment, put a cold cloth or ice on the affected area. If there's a blister, head to patient first or the hospital.

CBS 6 did its own investigation to see just how hot it can get. We checked the temperature inside a hot car, which read 112 degrees in the seat and 153 degrees on the dash board. The temperature rose to 135 degrees on the deck and 160 degrees on the tennis court. One of the hottest places we checked.

And while some people have to work in the heat, others are trying to beat it. A dip in the Bon Air Community pool is just one way to cool down and get a little relief.

That's exactly what Frank Micucci did.

"It's been a pretty cool July. Now, it's a hot August, I guess the end of the summer, it's got to get hot sometime."

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