

## A Message From Your Fire Chief, Mike Suhy

# Beat the Heat: Hydration & Heat Safety 11

As August brings some of the hottest days of the year, the Cuyahoga Heights Fire Department wants to remind all residents to stay alert and stay safe when spending time outdoors.

## **Heat Safety Reminders:**

Whether you're working in the yard, attending outdoor events, or watching fall sports practices, heat-related illnesses can happen quickly-especially in high humidity.

### Stay Hydrated!

- · Drink water regularly don't wait until you're thirsty
- Avoid alcohol, caffeine, and sugary drinks when out in the heat
- If you're working outside, take breaks in the shade or indoors every hour

## Signs of Heat Exhaustion:



If symptoms appear, move to a cooler location, drink water, and seek medical attention if necessary.

## Watch Vulnerable

Children, the elderly, and pets are at {}{ higher risk of heat-related illness. Never leave anyone in a parked careven for a few minutes.



Our crews monitor for heat emergencies and are always ready to respond. But prevention is the first step. If you or someone near you shows signs of heat stroke (confusion, dry skin, rapid pulse), call 911 immediately. Let's keep our village cool, hydrated, and safe this August!

As summer draws to a close and students prepare to head back to school, the Cuyahoga Heights Fire Department is taking proactive steps to ensure a safe and prepared school year for our community.

#### **Partnering with Our Schools**

Our firefighters will be conducting annual safety walk-throughs at Cuyahoga Heights Schools to review emergency plans, ensure fire systems are in working order, and identify any safety concerns. These visits help us stay familiar with the layout of the buildings and prepare us to respond quickly and effectively in the event of an emergency.



#### ☐ Supporting Safety Drills

Throughout the school year, we assist with fire and emergency drills to ensure students, teachers, and staff know what to do in a real situation. Safety education remains a top priority, and our team will continue visiting classrooms to teach students about fire prevention, emergency preparedness, and when to call 911.

### Watch for Buses and Students

We'd like to remind everyone to drive cautiously as school returns — obey school zone speed limits, stay alert at crosswalks, and never pass a stopped school bus. The safety of our children depends on all of us working together.

#### Thank You for Your Support!

Our department is proud to serve this village, and your continued support allows us to do more than respond to emergencies – it allows us to prepare and protect. We look forward to a safe and successful school year ahead.

## DIRECTORY

### **ALL EMERGENCY CALLS FIRE OR POLICE...911**

ALL EWERGENC	I CALLS FIRE	OK POLICE311
Fire Department		(216) 641-6799
5480 Grant Avenue		(216) 641-6799 Fire Chief Michael Suhy
Police Department		(216) 883-6800
For non-emergency calls to the Police Department5480 Grant Ave		Police Chief Brian Sturgill
OTO CIGIL INC	***************************************	
VILLAGE HALL		(216) 641-7020
4863 East 71st Street	***************************************	Fax: (216) 641-8485
SERVICE DEPARTMENT		(216) 641-3505
		Fax: (216) 641-0315
5181 Canal Road		Service Director Dave Sammons
SWIMMING POOL (Summer mon	ths)	(216) 341-7684
Website: www.cuyahogaheights.com		
VILLAGE OFFICIALS		
MAYOR		
Jack M. Bacci	4863 East 71st Street	(216) 641-7020
CFO		
Angel Meriwether	4863 East 71st Street	(216) 641-7020
COUNCIL		,
	4897 Fast 71st Street	(216) 299-3255
		(216) 406-7695
		(216) 210-2307
		(216) 406-2620
David Volek	4680 East 71st Street	(216) 533-0089
LAW DIRECTOR		
	1375 East Ninth Street	(216) 623-0150
	leveland Center, 10th Floor	Fax: (216) 623-0134
	Cleveland, OH 44144	
VILLAGE ENGINEER		
	7979 Hub Parkway	(216) 642-1130
Donald Bohning & Associates		Fax: (216) 642-1132
BUILDING COMMISSIONER	· · · · · · · · · · · · · · · · · · ·	
Norm Casini		(216) 641-7020
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	SCHOOL NUMBERS	

Cuyahoga Heights High School.....(216) 429-5707 Cuyahoga Heights Middle School.....(216) 429-5757 Cuyahoga Heights Elementary School.....(216) 429-5880