

COUNTER-TERRORISM AND SPECIAL OPERATIONS BUREAU

NOTICE
15.2

July 22, 2025

TO: All Commanding Officers

FROM: Commanding Officer, Counter-Terrorism and Special Operations Bureau

SUBJECT: EMERGENCY PREPAREDNESS BULLETIN, EXTREME HEAT
SAFETY TIPS FOR PERSONNEL

The Emergency Preparedness Bulletin, entitled, *Extreme Heat Safety Tips for Personnel* is now available on the Department's Local Area Network (LAN).

If you have any questions regarding this Notice, please contact the Emergency Preparedness Unit, Emergency Services Division, at (323) 208-0166.

APPROVED:



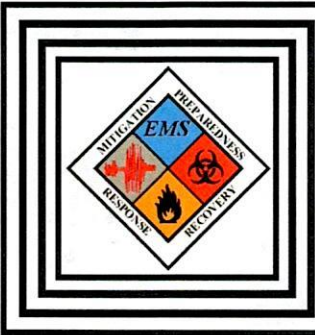
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Attachment

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Los Angeles Police Department Counter-Terrorism and Special Operations Bureau

EMERGENCY PREPAREDNESS *BULLETIN*

April 2025

Prepared by: Emergency Services Division

Extreme Heat Safety Tips for Personnel

Hot weather is not just uncomfortable, it can be very dangerous. Exposure to extreme heat can cause severe health issues including death. A series of unusually hot days that can potentially harm your health is referred to as an *extreme heat* event. Heat cramps, heat exhaustion, and heat strokes are conditions caused by overexposure to heat. Although anyone can become a victim to extreme heat, those of us working outdoors are much more susceptible.

Interior areas of Los Angeles, such as the San Fernando Valley, have been known to reach over 100 degrees regardless of the season. Los Angeles Police Department Personnel should be aware of the risk factors and symptoms of heat related illnesses.

The following information should be used during an extreme heat event:

- Stay hydrated by drinking an abundant amount (8-12 cups per day) of water even if you do not feel thirsty. Keep extra water with you in your patrol vehicle;
- Ensure your vehicle's air conditioning is in good working order;
- Consume smaller meals more frequently;
- Minimize direct exposure to the sun and seek shady areas when tactically appropriate;
- When feasible, take breaks;
- Check in with your partners;
- If working Metropolitan Mounted or a K9 assignment, check on your animals frequently and ensure they have water readily available, furthermore, ensure K9 vehicle's air conditioning is in good working order and keep the windows rolled down;
- Use your Department approved cover for extra protection from the sun; and,
- Wear sunscreen and keep extra in your equipment bag.

Questions regarding the content of this Bulletin should be directed to the Emergency Preparedness Unit, Emergency Services Division, at (323) 308-0166.