

# Heat ready: Travel smart. Stay safe.

Extreme Heat Safety and Preparedness Guide



For riders, workers and visitors navigating transit during extreme heat, here's your guide to hydration, shade and safe travel across the Metro system.



**Metro**<sup>®</sup>



# Table of Contents

- 01** A Message from Metro Leadership
- 02** How to Use This Guide
- 04** Why Extreme Heat Matters When You Travel
- 05** Be Heat-Ready
- 06** Event-Day Heat Smarts
- 07** Resources to Help You Plan Ahead
- 09** Know the Signs of Heat-Related Illness
- 11** What to Do in an Emergency
- 12** Additional Guidance for Outdoor Workers and the Metro Workforce
- 13** Heat is Hard — Metro Can Help
- 14** Acknowledgments and Regional Partners
- 15** Additional Extreme Heat Resources
- 16** Appendix I — Heat Vulnerability Map

# A Message from Metro Leadership

**Extreme heat can turn an ordinary trip into a serious health risk—especially during busy travel days, major events and long journeys across Los Angeles. As heat waves become more frequent and intense, knowing how to prepare is no longer optional; it is essential.**

**Extreme Heat and Safety Preparedness Guide** is designed to help riders, workers, spectators and visitors understand heat risks, plan ahead and take simple preventive steps that protect health and well-being. From hydration and shade to recognizing early signs of heat illness, this guide puts practical and lifesaving information at your fingertips.

At the Los Angeles County Metropolitan Transportation Authority (Metro), our responsibility goes beyond moving people from place to place. We are committed to supporting safe, comfortable and reliable travel — especially during extreme weather conditions that can impact health and mobility.

This guide reflects Metro’s commitment to climate resilience, public safety and care for the communities we serve. Whether you are a daily Metro rider, a first-time visitor, a worker on or near the system or attending a major event, taking a few minutes to review this guide can make your journey safer, more comfortable and more enjoyable.

**Remember to “Keep it Cool on the Move” and read this Extreme Heat and Safety Preparedness Guide. Plan ahead. Protect yourself. Travel safely — no matter the temperature.**




# How to Use This Guide

## QUICK TIP

 **Bookmark this guide on your phone so it's easy to access.**

 This guide was developed by Metro to support riders, spectators, visitors and the Metro workforce during extreme heat conditions. Extreme heat can make travel more challenging, especially when navigating transit, crowds or festival areas. Whether you are a daily rider, a spectator, a visitor to LA County, attending a large event or working on or near the Metro system, this guide is designed to help you plan ahead, stay informed and get help during extreme heat events.

 Guidance, data and resources from trusted public agencies and partner organizations were used in the development of this guide, including:

- [The County Department of Public Health - Stay Healthy in the Heat](#)
- [The California Department of Public Health - Be Informed of Extreme Heat](#)
- [The City of Los Angeles Climate Emergency Mobilization Office - Climate Equity LA](#)
- [The Los Angeles Regional Collaborative \(LARC\) - Extreme Heat Resources](#)
- [Climate Resolve - Keeping Cool](#)
- [Los Angeles Department of Water and Power - Tips for Staying Cool](#)
- [Metropolitan Water District of Southern California - Resilient Water Systems](#)



Visit the online version of this guide at [www.metro.net/heatguide](http://www.metro.net/heatguide) for direct links to resources.

## Everyone should be prepared for the heat!

**Riding Metro to work, school or fun?** Dress appropriately for the weather and try to avoid midday sun.

**Hosting an event near Metro?** Ensure there are proper cooling resources for patrons (shade, misters, hydration stations, etc.)

**Are you a Metro employee or working at an event near Metro?** Know the signs of heat-related illness and take sufficient breaks.

**Attending a major event?** Plan your day by reviewing venue policies, checking the weather app, drinking water and staying in the shade when possible.

## Feeling hot?

### For more information on staying cool:

[Español](#)  
(Spanish)

[中文](#)  
(Chinese)

[한국어](#)  
(Korean)

[لغة عربية](#)  
(Arabic)

Scan here for more information on staying cool:

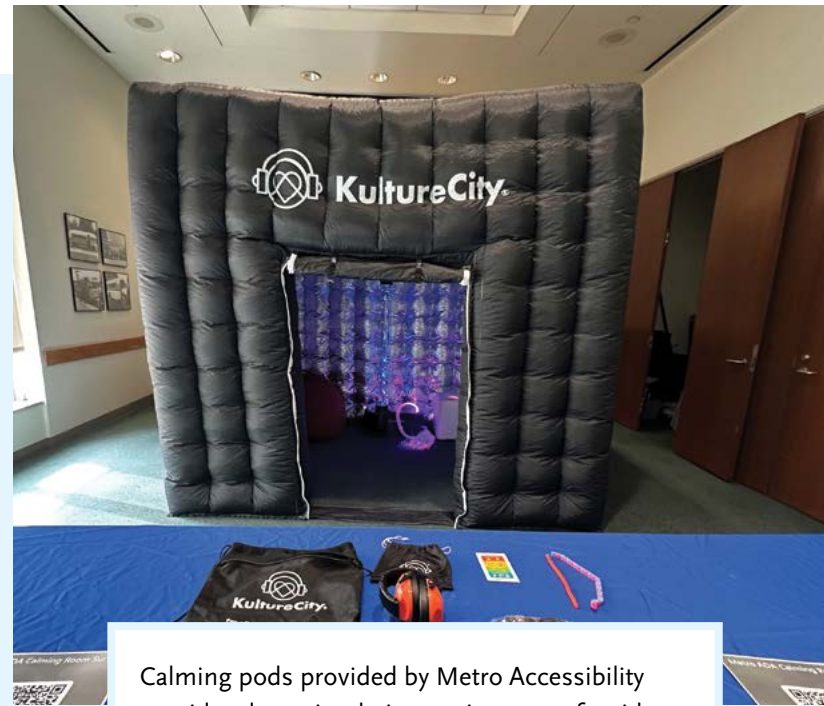


[Heat Relief Outreach Materials](#)

## Metro Accessibility

Plan your trip using the *Metro* app to get information on transit routes, wait times, alternative entry/exit points to stations or alternative transit options like Metro Bike Share, scooter or walking. Metro provides ADA accessibility for rail and buses. Metro also provides tactile guidance pathways (to assist the blind/visually impaired and others with navigating Metro stations).

Plan your travel with the [Metro Accessibility Team](#).



Calming pods provided by Metro Accessibility provide a low-stimulation environment for riders and community members.



# Why Extreme Heat Matters When You Travel

## Understanding the Risks While Traveling in the Heat

Across Los Angeles, we are feeling the impacts of climate change with more frequent and intense extreme heat days and heat waves. [Los Angeles County Public Health](#) and [UCLA](#) project that the number of extreme heat days will increase across the region in the future. Extreme heat is not just uncomfortable, it can be dangerous to one's health and wellbeing, particularly to vulnerable groups. Staying safe while traveling on extreme heat days requires extra planning and care.

## Who May Be More at Risk During Extreme Heat

Some people may face higher risk during extreme heat, including:

- Older adults and children
- Those who are pregnant
- People with disabilities or access and functional needs
- Outdoor workers and people traveling longer distances
- Individuals with underlying health conditions and taking certain medications
- Athletes who may suffer from overexertion
- People who are not accustomed to extreme heat

Heat can be deadly!

Did you know that extreme heat is the number one weather-related cause of death in the United States? Being informed and prepared can lower your risks!

Early action saves lives!



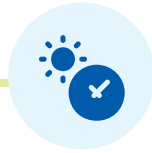
## Did you know?



Being outside can be hotter than you think! Walking and waiting on streets and sidewalks can make you feel even hotter and increase your risk of heat illness. Limit outdoor walking to 15 minutes or less and check out the [Cool Spots LA map to find shade and hydration!](#)

# Be Heat-Ready

On hot days, be aware — know how to prepare and what to wear. Planning ahead can help reduce risk for you and those around you.



## How to Prepare

- [Check the weather and heat advisory warnings.](#)
- Avoid being outside during peak sun exposure (10am-4pm)
- Bring a reusable water bottle
- Pack personal medication
- Small umbrellas can provide shade outside
- Drink lots of water before you head out and throughout the day



## On Extreme Heat Days

- Sidewalks get hot during peak sun and increase heat exposure.
- Slow down and reduce outdoor physical activity.
- Limit walking outside and walk at a slower pace when possible.
- Drink water frequently throughout the day.
- Plan rest stops and take breaks in shaded or cooled areas.
- Avoid alcohol or sugar drinks.
- Check in with people who may be at higher risk during extreme heat.



## What to Wear

Choose clothing that helps your body stay cool and protect yourself from the heat:

- Light-colored, lightweight and loose-fitting clothing
- Comfortable shoes for walking and standing
- A hat or visor for sun protection
- Sunglasses and sunscreen



## Plan Your Trip

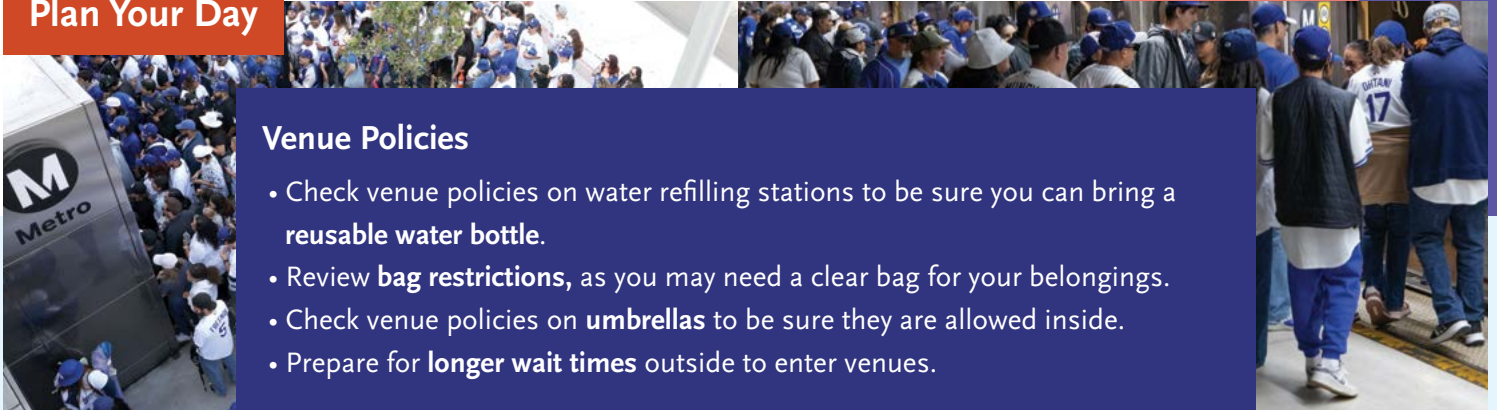
- [Review your travel options](#) and plan your route.
- Know the distance between the station and your first- and last-mile destination.
- Consider your first and last mile travel options – bus, bike, walk, scooter, etc.
- Choose walking [routes with shade or tree canopy](#) and reduce walking time.
- Be aware of wait times at bus stops or train stations.
- Outdoor bus stops and train stations without shade increases heat exposure, wait for transit under bus shelters or find shaded areas nearby.

# Event-Day Heat Smarts

Extreme heat and large crowds are expected on big event days across Los Angeles.

**Be smart.** Whether you are heading to a concert, game, festival or community event at places like **Dodger Stadium** or **SoFi Stadium**, plan your day and travel safely.

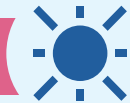
## Plan Your Day



### Venue Policies

- Check venue policies on water refilling stations to be sure you can bring a **reusable water bottle**.
- Review **bag restrictions**, as you may need a clear bag for your belongings.
- Check venue policies on **umbrellas** to be sure they are allowed inside.
- Prepare for **longer wait times** outside to enter venues.

## Travel Safely



- In Los Angeles, **peak sun exposure is from 10am-4pm**, limit being outside during these hours without shade.
- Review your travel route to avoid long outdoor waiting times.
- Outside transit stations and platforms can get hot; stand in the shade.
- Bus stops may have limited shade, wait in nearby shaded areas and approach the stop when the vehicle is near arrival.

## Health and Safety Check



**Drink Check:** Drinking too much alcohol or sugary drinks can worsen heat stress. Drink more water to stay healthy.

**Crowd Check:** Expect crowded platforms, stations, shuttles and entry or exit gates. On event days, plan your travel to minimize crowded spaces and overheating. Arriving earlier or leaving slightly before the event ends can help you avoid peak congestion.

**Vulnerability Check:** If you are traveling with children, older adults or individuals that are more vulnerable to heat exposure, be sure your group is drinking water and staying safe.

**Body Check:** Pay attention to how you are feeling. If you or someone around you is feeling dizzy, overheating, weak or nauseous, seek shade, hydrate and ask for help from event staff, Metro personnel or call 9-1-1 right away.



### Metro MVPs are employees here to help you!

Metro MVPs will be available at key locations throughout Metro to support you in getting to and leaving an event safely. MVPs are trained on heat safety and can contact emergency services. **Look for them in the pink-colored jersey if you need help.**

# Resources to Help You Plan Ahead



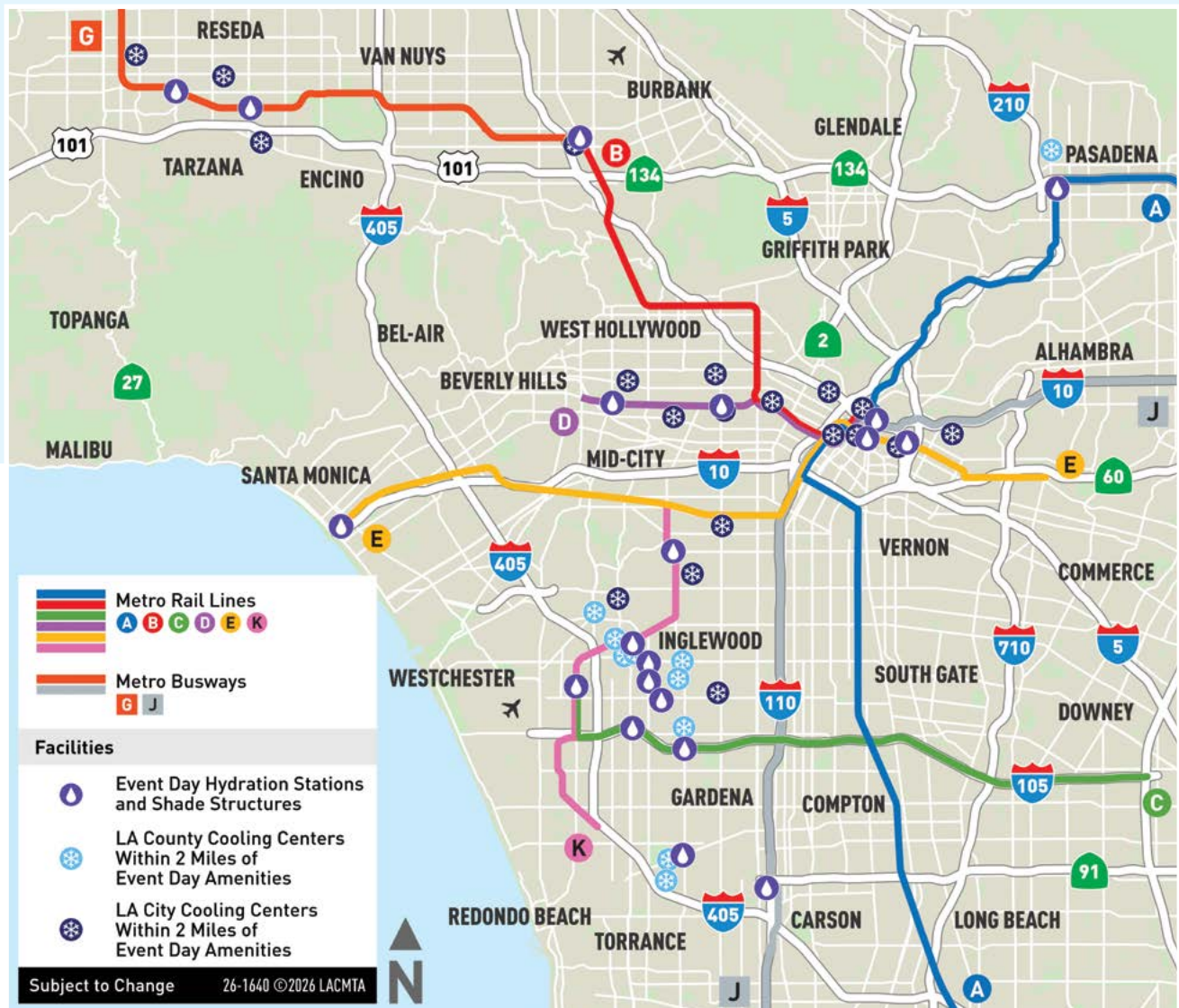
## Cooling Centers, Weather Alerts and Extreme Heat Updates

### Cooling Spots and Hydration Stations

On extreme heat days, plan ahead! Locate cooling spots and hydration locations near you to help you stay safe and reduce heat exposure.

- Use the [WeTap app](#) interactive map to find hydration stations to refill your reusable water bottles.

- Use the [Cool Spots LA](#) interactive map to locate nearby cooling centers and hydration stations across LA City and [Ready LA County](#) to find cooling centers countywide to cool down during extreme heat.



# Stay Informed

Extreme heat conditions can change quickly. Sign up for heat warnings to make informed decisions to plan your day.

## Use trusted, real-time sources to monitor heat conditions and service updates:

- [Metro.net](#) and official Metro social media [@metrolosangeles](#), and [Metro Alerts](#) for service advisories and weather-related impacts
- National and local weather monitoring tools listed below

### Sign Up for Heat Alerts

#### [Metro Alerts](#)

Transit service updates and weather-related advisories

#### [City of Los Angeles – NotifyLA](#)

Official emergency alerts by phone call, text message or email for specific neighborhoods and locations

#### [County of Los Angeles – Alert LA County](#)

Emergency notifications for extreme heat, wildfires, earthquakes and public safety incidents. Includes accessibility features

#### [County of Los Angeles Public Health](#)

Extreme heat alerts and messaging for the LA County region

#### [National Weather Service – Active Alerts](#)

Current heat advisories, watches and warnings

### Additional Heat Tools

#### [National Weather Service \(Los Angeles/ Oxnard Forecast Office\)](#)

Local forecasts and hazard information

#### [NWS HeatRisk Tool](#)

Color-based forecast showing heat-related health risk

#### [CalHeatScore](#)

California mapping tool of extreme regional heat and locations of cooling centers



# Know the Signs of Heat-Related Illness



## What is heat-related illness?

Excessive exposure to the sun or prolonged levels of heat and humidity can lead to three potential illnesses: heat cramps, heat exhaustion or heat stroke. Heat cramps are the mildest illness, while heat stroke is the most severe and can be fatal.

## What are the symptoms of heat-related illness?

If you're feeling any of these symptoms, get help.

**Don't wait until it's too late.**

## Heat-Related Illness: Signs and What to Do

### Condition

### Common Signs

### What to Do Right Away

#### Heat Cramps (Mild) ♦

- Painful muscle cramps (legs or abdomen)
- Flushed or moist skin
- Heavy sweating

- Stop activity and rest
- Move to a cool or shaded place
- Drink water or electrolyte drinks
- Gently stretch muscles

***If symptoms do not improve within an hour, get medical help.***

#### Heat Exhaustion (Serious) ♦♦



- Heavy sweating
- Dry mouth and intense thirst
- Pale, cool or moist skin
- Headache, dizziness or fatigue
- Nausea or vomiting
- Feeling weak or faint
- Fast or weak pulse
- Muscle cramps and spasms

- Move to shade or a cool area
- Loosen or remove excess clothing
- Apply cool cloths or fan skin
- Sip water slowly

***If symptoms do not improve, seek medical care.***

#### Heat Stroke (Emergency) ♦♦♦♦

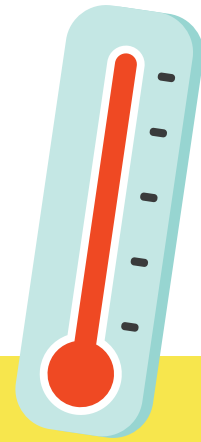


- Very high body temperature (104°F or higher)
- Hot, red, dry or moist skin
- Confusion or agitation
- Rapid heartbeat
- Fainting or seizures

***Get medical help and call 9-1-1 IMMEDIATELY***

- Move to a cool place
- Remove excess clothing
- Cool the body with water, ice packs or fanning
- Do not delay emergency medical care

# What to Do if You or Someone Else is Overheating



## If you suspect heat-related illness:

- Get out of the heat immediately
- Move to a shaded or cool area
- Loosen tight or heavy clothing
- Apply cool, wet cloth or ice pack
- Give cool water if the person is conscious and able to drink

**Call 9-1-1 right away if the person shows signs of heat stroke, loses consciousness, becomes confused, has seizures or does not improve quickly.**



## Heat Exhaustion



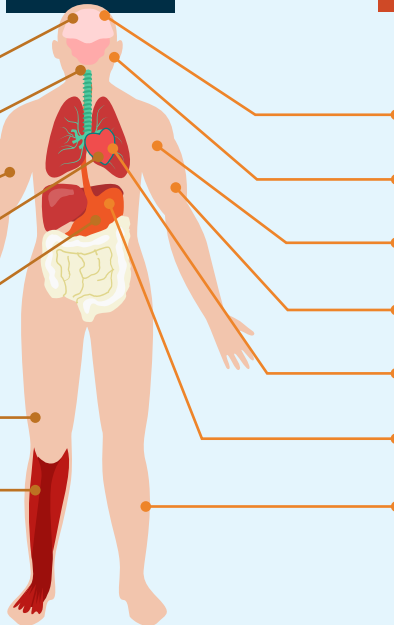
- Dizziness, fainting
- Intense thirst
- Excessive sweating
- Rapid weak pulse
- Nausea, vomit
- Pale, cold, clammy skin
- Muscle cramps, fatigue

- VS -

## Heat Stroke



- Headache, confusion
- May lose consciousness
- Elevated body temperature
- No sweating
- Rapid strong pulse
- Nausea, vomit
- Red hot skin



# What to Do in an Emergency

**Act immediately if a situation feels dangerous or overwhelming.**

Extreme heat can become a medical emergency quickly. **Do not wait or try to push through symptoms.**

**In an emergency, please call 9-1-1 or find your nearest emergency call box.**



## Get Help Right Away

### CALL 9-1-1 IMMEDIATELY

Call 9-1-1 if someone shows signs of heat stroke, collapses, becomes confused, loses consciousness or if you are unsure whether the situation is life-threatening.

### CALL 2-1-1

Call 2-1-1 for emergency preparedness information and help connecting to local services, such as cooling centers, during extreme heat or other emergencies.

### 211 LA

Visit [211la.org](http://211la.org) for real-time information on emergency and community services across LA County.

### ReadyLA

Follow [@ReadyLA](https://twitter.com/ReadyLA), the City of Los Angeles' official emergency communications channel for updates on heat-related resources.



# Additional Guidance for Outdoor Workers and the Metro Workforce

Working outdoors, in areas without proper cooling or performing physical activities during extreme heat, increases the risk of heat-related illness. Metro employees, contractors, vendors, volunteers and other outdoor workers need to take additional precautions during hot weather.

## Heat Safety at Work

In California, [HeatReadyCA](#) has heat-illness prevention standards in place to protect outdoor workers during extreme heat. Employers, supervisors and workers should have plans and standards in place ahead of extreme heat events and follow [Cal/OSHA Heat Illness Prevention Guidance](#). These standards require employers to:

- Provide access to drinking water
- Schedule regular rest breaks
- Provide shade or cooling when temperatures rise
- Train workers on heat illness prevention and response

Advise workers on recognizing heat illness symptoms and how to get help. Workers should follow their employer's heat safety procedures and report symptoms or unsafe conditions promptly.



## If a Heat Emergency Occurs at Work – [Take Action](#)

- Stop working immediately
- If possible, move to a cool or shaded area
- Call 9-1-1 for any suspected heat stroke or medical emergency
- Notify a supervisor as soon as it is safe to do so

# Heat Is Hard — Metro Can Help

Extreme heat can make travel more challenging, especially when walking, waiting, transferring or spending time in crowded or unfamiliar areas. Metro supports riders, visitors and the workforce during extreme heat by providing cooler spaces, trained staff and coordinated responses across the system.

## Help is Nearby

- Look for Metro Ambassador in green, Metro MVPs in pink, operator or station staff for assistance!
- Metro employees and MVPs will be located at key locations to provide crowd flow, directions and assistance.
- MVPs are trained to provide guidance during heat-related situations, call 9-1-1 in an emergency and coordinate support until emergency responders arrive.
- Metro security teams can respond to medical needs and support emergency services.

**Call 9-1-1 immediately for any heat-related medical emergency.**



# Acknowledgments and Regional Partners

This guide reflects the collective efforts of public agencies, public health leaders, emergency managers, climate advocates and community partners working together to address extreme heat.

## A Regional Collaboration for Heat Safety

Metro appreciates the partnership of regional agencies and organizations working together to support heat safety and preparedness across LA County. Hydration stations provided to help customers stay hydrated during periods of extreme heat are made possible through collaboration with the [Los Angeles Department of Water and Power \(LADWP\)](#), the [Los Angeles County Department of Public Health \(LACDPH\)](#) and the [Los Angeles County Department of Public Works \(LADPW\)](#).

Metro also thanks the [City of Los Angeles Climate Emergency Mobilization Office](#), the [Los Angeles Regional Collaborative for Climate Action and Sustainability \(LARC\)](#) and [Climate Resolve](#) for their collaboration and expertise in helping inform the development of this Extreme Heat Safety and Preparedness Guide.



# Additional Extreme Heat Resources



- [Los Angeles Regional Collaborative \(LARC\) Heat Campaign](#)
- [Climate Emergency Mobilization Office – Heat Relief Resources](#)
- [City of Los Angeles – Coping with Extreme Heat](#)
- [Ready LA County – Cooling Center Sites](#)
- [Heat Ready CA – Heat Preparedness Resources](#)
- [Centers for Disease Control and Prevention – Signs and Symptoms of Heat-Related Illness](#)
- [Centers for Disease Control and Prevention – Heat and Health Tracker](#)
- [Los Angeles County Department of Public Health – Mantengase Sano Durante El Calor](#)
- [Los Angeles Department of Water and Power – How to Keep Workers Safe](#)
- [Metropolitan Water District of Southern California](#)
- [CalHeatScore – Map of Extreme Heat and Cooling Centers](#)
- [Listos California – Sign up for Emergency Alerts](#)
- [Los Angeles Tree Canopy Map](#)

# Appendix I - Heat Vulnerability Map

As you are head out in the heat, it's important to consider the various levels of shade coverage and heat exposure you will encounter across the region and within Metro's service area.

**Stay safe while traveling in the heat — plan ahead and be prepared.**

The Heat Vulnerability map below shows a subset of Metro stations and transit centers and their respective percentage of shade coverage, typical maximum temperature on the hottest days of the year, as well as temperature exposure. The darker pink color on the map represents higher instances of heat-related health impacts.



