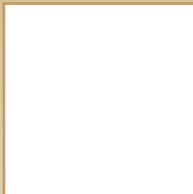




**HERRMAN &
HERRMAN** PLLC
PERSONAL INJURY ATTORNEYS



LAW TIGERS
MOTORCYCLE LAWYERS



IN THIS ISSUE

How Heat Impacts Road Safety

Page 1

The Danger of Heatstroke

Page 2

Activity Zone

Page 3

Firework Safety Tips

Page 4

Visit us at

1201 3RD ST.

CORPUS CHRISTI, TX 78404

*Questions or concerns?
Please email, jlara@herrmanandherrman.com*



THE HERRMAN & HERRMAN NEWSLETTER

WWW.HERRMANANDHERRMAN.COM - 361.882.4357

JULY 2025

SAN ANTONIO - AUSTIN - DALLAS - FORT WORTH - HOUSTON - CORPUS CHRISTI - BROWNSVILLE - MCALLEN - MONTERREY

How Texas Heat Impacts Road Safety Tips for Staying Safe

Texas summers are brutally hot, and this extreme heat significantly impacts road safety. It's not just about discomfort; it increases your risk on the road in several key ways.



Heat Dangers & What to Do:

Tire Blowouts: A Hidden Danger

Hot pavement and under-inflated tires are a dangerous combination. Heat expands the air inside tires, and if they're already low on pressure, it can lead to a sudden blowout.

What to do: Regularly check your tire pressure, especially before long trips. Inspect tires for any signs of wear or damage.

Dehydration & Fatigue: The Driver's Kryptonite

Long drives in intense heat accelerate dehydration and fatigue. Even mild dehydration can impair your concentration and reaction time, making you a less safe driver.



What to do: Keep plenty of water in your car and sip it often. Plan for regular breaks every two hours or 100 miles to stretch and rest.



Engine Overheating: Stranded in the Sweltering Sun

Your vehicle's engine works harder in extreme heat, increasing the risk of overheating. This can lead to breakdowns, leaving you stranded in dangerous conditions, or even cause a fire.

What to do: Check your coolant levels before journeys. If your engine overheats, pull over safely, turn off the AC, and let it cool. Never open a hot radiator cap.

Child & Pet Safety: The Most Critical Warning

Never leave children or pets unattended in a parked car, even for a minute. Car interiors heat up incredibly fast – by 20 degrees or more in just 10 minutes. This can lead to heatstroke, brain damage, or death.

What to do: Always check the back seat before you lock your car. If you see a child or pet alone in a hot car, call 911 immediately.



Road safety in Texas isn't just about careful driving; it's also about preparing for environmental challenges. A little preparation goes a long way.

Happy 4th of July

From:



HERRMAN & HERRMAN PLLC

PERSONAL INJURY ATTORNEYS

*"Always Putting **YOU** First!"*

FIREWORK SAFETY TIPS

Make sure fireworks are legal in your area before buying or using them.



Keep a bucket of water close for emergencies.



Douse fireworks with water before discarding them.



Never try to re-light or pick up fireworks that have not ignited fully.



Never allow children to play with or ignite fireworks.



Hold fireworks away from your face when lighting.



Light fireworks one at a time, then move back quickly.

The Danger of Heatstroke in Texas

What You Need to Know

Texas summers mean scorching temperatures, often well above 90°F from June to August. This intense heat isn't just uncomfortable; it brings a significant risk of heatstroke, a potentially fatal condition every Texan and visitor needs to be aware of.



Heatstroke vs. Heat Exhaustion: Knowing the Difference
Many people confuse heatstroke with heat exhaustion. According to the **Centers for Disease Control and Prevention (CDC)**:
Heat Exhaustion involves weakness, heavy sweating, a rapid pulse, dizziness, nausea, and clammy skin. It's uncomfortable and can make you ill, but generally less severe.
Heatstroke is a medical emergency. Symptoms include a body temperature of **103°F or higher**, a very rapid and strong pulse, hot and often red skin, and potential loss of consciousness. It's a critical breakdown of your body's heat regulation and can be fatal without immediate medical attention.

How Prevalent Is This Danger?

Despite public awareness efforts, heat-related illnesses and deaths remain a serious concern. While data constantly evolves, past reports highlight the danger. For instance, the 2018 Dallas County Health and Human Services report documented 66 heatstroke cases and 3 fatalities in that single county from April to August.

Nationally, **OSHA (Occupational Safety and Health Administration)** notes that thousands of workers are sickened by heat exposure each year, leading to lost work time and significant economic costs.



Groups Most at Risk
Anyone can be affected, but some groups are more vulnerable:

- Children
- Older people
- Those with hypertension or chronic conditions
- Athletes or workers in high-temperature environments.



Heatstroke remains a concern in sports. The **National Center for Catastrophic Sport Injury Research** reports that from 1995-2022, there were 70 direct fatalities from heatstroke in high school football alone, showing the ongoing risk.

What You Can Do

The good news is that most heat-related illnesses are preventable with proper precautions:

- **Heat Cramps:** First signs of heat stress, usually in muscles. Rest and hydration often help.
- **Heat Exhaustion:** Move to a cool spot, drink water. If vomiting or loss of consciousness occurs, seek medical help.
- **Heatstroke:** This is an emergency. **Call 911 immediately.** While waiting, move the person to a cool place and apply water-soaked towels to lower their body temperature.

TURN TO THE NEXT PAGE AND CHALLENGE YOURSELF WITH OUR ACTIVITY ZONE, FEATURING A CROSSWORD, WORD SEARCH, AND SUDOKU!

Activity Zone

Word search, Crossword puzzle, & Sudoku

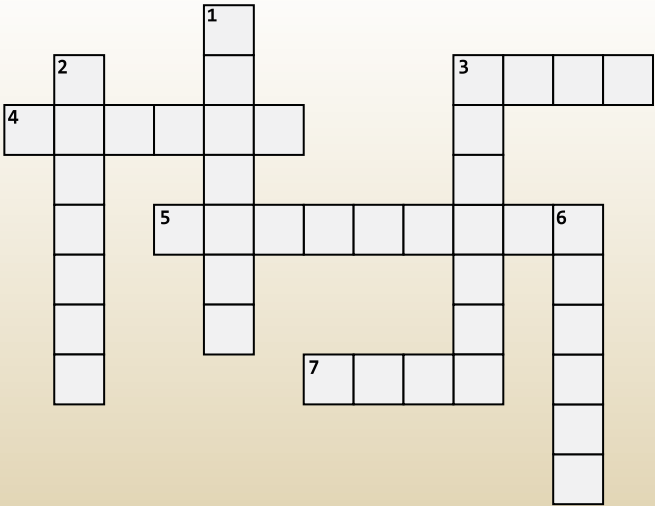
J	A	K	H	I	X	Q	S	A	F	F	E	Y	L	J	H
L	A	W	Y	E	R	S	E	T	X	G	Q	P	A	Z	E
I	T	O	V	N	I	Z	S	F	C	H	U	C	R	O	A
G	E	G	B	G	J	W	M	R	B	L	O	W	O	U	T
K	X	K	J	I	F	H	O	F	R	M	D	P	A	A	K
W	A	C	B	N	O	H	P	C	O	B	N	E	D	H	V
M	S	A	F	E	T	Y	L	U	H	Y	T	R	S	W	P
H	L	R	D	N	F	D	V	C	E	G	I	I	O	K	T
W	V	B	X	C	A	R	N	H	A	Q	R	X	R	B	U
T	M	Y	W	E	F	A	T	I	G	U	E	M	J	F	I
E	N	G	J	Z	V	T	Z	L	N	M	Q	B	O	D	S
X	S	P	F	K	K	E	B	D	L	J	J	H	E	K	X
U	D	G	P	E	S	T	V	L	O	N	U	S	X	R	F
Z	O	V	E	R	H	E	A	T	O	P	D	R	G	Q	W
Q	A	Y	T	B	T	F	X	V	S	V	T	Z	Y	B	R
E	I	V	S	I	D	E	L	I	N	E	Y	M	A	U	C

Find the following words in the puzzle!
Words are hidden → ↓ ↘ & ↗.

- | | | |
|--------|----------|----------|
| Texas | Blowout | Child |
| Heat | Engine | Pets |
| Safety | Overheat | Sideline |
| Roads | Fatigue | Injury |
| Tire | Hydrate | Lawyers |

	4	5	8			1	9	
			1	2	4		7	
		2				3	4	8
	5				9		8	7
	7	8	2	4	6	5		
	1			5	8		3	6
5		1	4		7	8	6	
6	8	9				7	2	4
		7		8		9		

Sudoku Rules
Use numbers 1-9 to fill rows, columns, and boxes without repeating any numbers.



- | | |
|--|---|
| Across | Down |
| 3. A condition of being hot. | 1. Country bordering the Atlantic, Pacific, and Artic oceans. |
| 4. Exposure to injury, pain, harm, or loss. | 2. Weariness or exhaustion |
| 5. A device for producing a striking display using explosives. | 3. To supply with ample fluid or moisture |
| 7. To exhaust or greatly decrease physical strength. | 6. The season in Texas when temperatures pose the highest risk. |

SCAN THE QR CODE!

Scan the QR code to stay updated on our latest giveaways, upcoming events, free merchandise, law firm updates, and the latest legal tips!

"Always Putting **YOU** First!"