



It's getting hot in here – Are you prepared for a Heatwave?



Background

The Bureau of Meteorology defines a heatwave as 'three or more days of unusually high maximum and minimum temperatures that are unusual for the area' www.bom.gov.au. Prolonged hot weather can affect anybody, cause heat-related illness and in some cases can be fatal. It may also affect community infrastructure such as power supply and other support services.

What do You need to do?

1. Site and Service Managers should review and familiarise themselves with Section 44.0 of Endeavours Emergency Response Manual (QD 4200);
2. If your site or service is susceptible to Heatwaves, ensure you have developed a heatwave Management Plan (QF 4200.05) specific for your site;

Here are some tips for you to follow:

- Check air-conditioning units have been serviced and are working effectively;
- These need to be set at 24° C to prevent internal sweating and leaking, and help prevent overloads that could result in power blackouts;
- Ensure there are enough groceries and medicines to avoid going out in the heat;
- Keep hydrated by drinking water regularly during the day;
- Eat smaller cool meals such as salads;
- Keep yourself cool with wet towels or scarves or take cool (not cold) showers;
- Close curtains/blinds and open windows if there is a cool breeze blowing; and
- Avoid outdoor activities or schedule them for the cooler periods of the day,

Need more information?

Watch or listen to news reports or log onto www.bom.gov.au for information about the heat event or heat wave. Alternatively contact your WHS Advisor for further advice on Heatwave preparation requirements.

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