



Basic guidance for all personnel during extreme heat.

Extended periods of high temperatures can pose significant risks to all personnel, especially the young, old, those with serious long-term conditions and those who spend long periods of time outside. This guide provides some simple measures that can be adopted to look after yourself and others;

- a. Stay cool indoors: Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors.
- b. Drink plenty of fluids and avoid excessive alcohol.
- c. Never leave anyone in a closed, parked vehicle, especially infants, young children or animals.
- d. Try to keep out of the sun between 11am and 3pm, when the UV rays are strongest.
- e. Walk in the shade, apply sunscreen and wear a wide-brimmed hat, if you have to go out in the heat.
- f. Avoid physical exertion in the hottest parts of the day.
- g. Make sure you take water with you if you are travelling.