

State Emergency Service

Media Release



Tuesday, 30 December, 2014

Take care in the hot weather

With temperatures above 40 degrees Celsius forecast for Adelaide this Friday and Saturday, the SA State Emergency Service is urging all South Australians to think about how they can minimise the risk to their health during the hot weather.

The advice comes as Adelaide is expected to experience its first summer bout of extreme heat early in the New Year. The Bureau of Meteorology (BoM) has forecast an Adelaide maximum temperature of 42 degrees Celsius on Friday, 2 January and 41 degrees Celsius the following day.

SES Chief Officer Chris Beattie said extreme heat has a detrimental effect on people's health and wellbeing and can lead to other situations which can be dangerous.

The elderly and those with a pre-existing medical condition are most at risk of being severely affected by the heat.

"Children and pets are also susceptible to heat and care should be taken to ensure they are never left unattended in cars," Mr Beattie said.

He said the best option during extreme heat was to remain indoors, particularly during the hottest part of the day, and use airconditioning and fans to stay cool.

"Extremely hot days can also lead to stressed trees and limbs can be more likely to fall. People need to be mindful of where they picnic, camp or park their vehicles," Mr Beattie said

"If heading outdoors you should ensure you wear loose-fitting clothing with a broad-brimmed hat, sunglasses and sunscreen, even if you are going out in the cooler parts of the day.

While pools, beaches, the lakes and the River Murray are all great places to cool down, Mr Beattie urged people to remain vigilant when around water and ensure children are closely watched at all times.

The SES urges South Australians to exercise care during the hot weather and also take the following precautions:

- drink plenty of fluids but avoid alcoholic and caffeinated drinks
- make regular contact with elderly relatives, friends and neighbours, especially if they live alone, to ensure they are keeping cool and drinking plenty of fluids.
- keep homes cool by closing blinds and curtains during the day and making good use of fans or airconditioners (which are on the cool setting)
- open up homes at night if it cools down
- never leave children or pets unattended in the car
- make use of airconditioned public facilities such as shopping centres, cinemas and libraries
- be prepared for the possibility of power outages and keep in mind that some computers and telephones may not work during power outages. Make sure you have alternative means of communication

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- consider the safety of your pets and animals. Ensure they have adequate shade and water, and
- keep in mind that, as the temperature rises, large trees may without warning drop their branches. Avoid parking or setting up campsites under trees with large overhanging branches and do not allow children to climb or play under them.