

State Emergency Service **Media Release**



Wednesday, 31 December, 2014

Keep cool and hydrated as we head into New Year

South Australians planning to spend some time outdoors over the next few days are being urged to take appropriate precautions to protect themselves from the expected heat.

A maximum temperature of 42 degrees Celsius has been forecast for Adelaide on Friday, 2 January and 41 degrees Celsius the following day.

SA State Emergency Service Chief Officer Chris Beattie said keeping cool and well hydrated were the keys to staying safe and healthy.

“Spending long periods in the sun without taking the proper precautions can have a serious impact on the health of you and your family,” Mr Beattie said.

“Whatever you plan to do, it’s important to take plenty of water for everyone. Aim for at least two litres for each person,” Mr Beattie said.

Mr Beattie also urged people to wear loose-fitting clothing, a broad-brimmed hat, sunglasses and plenty of sunscreen while outside.

“We’re also urging people to take care when heading to the beach, the River Murray or any other water-based venue.

“Closely monitor your children in and around water and remember to swim between the red and yellow flags. This is the area that surf lifesavers are watching and can respond to more quickly than other areas,” Mr Beattie said.

The SES urges South Australians to take the following precautions during hot weather:

- 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
- 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.

For media enquires telephone the SES Media Line on (08) 8211 6176

For SES response in floods or storms telephone 132 500. If the matter is life threatening telephone 000
www.ses.sa.gov.au