

State Emergency Service

Media Release



Government
of South Australia



Thursday, 3 December, 2015

SES advises South Australians to stay hydrated and cool during upcoming heatwave this weekend

The State Emergency Service (SES) is urging South Australians to be mindful of their health with the state predicted to experience higher than average temperatures from tomorrow and over the weekend.

The Bureau of Meteorology is predicting a maximum of 39 degrees Celsius in Adelaide on Saturday, rising to 40 degrees Celsius on Sunday. Even hotter temperatures are forecast for a number of regional centres, particularly in the north of the state.

SES Chief Officer Chris Beattie said while all South Australians were at risk during a heatwave, some people were at greater risk of dehydration and more serious heat-related illnesses such as heat stroke.

"These at risk groups include the elderly, especially those who live alone, babies and very young children and people with a pre-existing medical condition," Mr Beattie said.

"Also at risk are those who are physically active such as farmers, construction workers and people who play sport," he added.

Mr Beattie said a number of studies over many years had indicated heatwaves in Australia were the leading cause of fatalities from natural disasters.

"During the 2009 heatwave in Victoria, for example, there were almost 400 excess deaths and a significant surge in demand for ambulance and emergency care.

"The very hot weather this weekend is a timely reminder of what we can expect during summer and an opportunity for everyone to think about how they best deal with these conditions," Mr Beattie said.

During a heatwave, the SES recommends the following:

- Drink plenty of fluids, but avoid alcohol and caffeinated drinks. Water is a great option.
- Don't wait until you are thirsty to drink. Instead drink regularly throughout the day.
- Never leave children or pets in a parked car.
- If possible, stay inside during the hottest part of the day. If you need to go outside you should wear a hat, sunglasses, sunscreen and light, loose-fitting clothing.
- Keep an eye on the welfare of relatives, friends and neighbours who may be at risk. Make sure they are using their airconditioner or there is good airflow with fans and open windows.
- Air-conditioned venues, such as shopping centres and public libraries, can provide respite from the heat.

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
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