

State Emergency Service

Media Release



Government
of South Australia



Wednesday, 3 March 2016

Forecast hot weather prompts warning from SES

With a spate of autumn hot weather expected across SA in the next few days – and Mad March now in full swing – the State Emergency Service (SES) is advising people to look after their safety by keeping cool and drinking plenty of fluids.

SES Chief Officer Chris Beattie said temperatures were forecast to reach the high thirties in Adelaide for much of the next week. Temperatures in the forties are expected in northern parts of the state.

“There are a lot of outdoor events on in Adelaide at the moment, so if you do need to go outside in the heat consider taking a bottle of water with you,” Mr Beattie said.

“Water is the best option for rehydrating the body. Everybody should aim to drink at least two to three litres daily during hot weather,” Mr Beattie added.

Mr Beattie also advised motorists of the dangers of leaving children in parked cars.

“Once car doors and windows are closed, it can take only a few minutes for the temperatures inside to increase by 20 to 30 degrees Celsius, even on a relatively mild summer’s day,” Mr Beattie said.

“If you do have to leave your car – even for a few minutes to buy something at the shop – you need to take your children with you,” Mr Beattie said.

“Because of their relatively small body mass, a young child is much more susceptible to heat as their body temperature rises much more quickly. This puts them at much greater danger of heatstroke and other heat-related risks,” Mr Beattie said.

The SES urges South Australians to exercise care during the hot weather and 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 a 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: wet them down and ensure they have adequate shade and water
- remember that, as the temperature rises, large trees may drop their branches without warning. Avoid parking or setting up campsites under trees with large overhanging branches and do not allow children to climb or play under trees.

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