

State Emergency Service **Media Release**



Friday, 23 December, 2016

Hot weather over Christmas prompts SES warning

With hot weather forecast by the Bureau of Meteorology (BoM) over the next few days, the South Australian State Emergency Service (SES) is encouraging South Australians to think about their health and how they can stay cool over the Christmas holiday period.

Staying well hydrated and avoiding going outside during the hottest part of the day are among simple, common-sense ways people can keep cool and protect their health during hot weather.

SES Deputy Chief Officer Dermot Barry urged people to plan ahead if they do need to go outside.

“Wait until the evening or first thing in the morning when it’s usually cooler if you do need to go outside for any reason,” Mr Barry said.

“South Australians should also avoid strenuous exercise or physical activity during the hottest part of the day and remember to wear plenty of sunscreen, a broad-brimmed hat, sunglasses and loose fitting and light-colored clothing when outside,” Mr Barry said.

Mr Barry is also urging South Australians to consider the welfare of those people who are most vulnerable to the heat such as the elderly, young children and babies and those with certain medical conditions.

“Under no circumstances should young children and pets be left in a parked car, even with the windows open and the air conditioner on,” Mr Barry said.

The weekend’s hot weather is likely to be followed by thunderstorms in the west and north of the state, resulting in some significant rain and winds in a number of areas.

“We strongly advise people against camping or parking their cars under trees in these conditions. Trees can suffer heat stress. Combined with strong winds, they can drop branches without warning,” Mr Barry said.

“Homeowners should also consider doing some preparatory work around their home leading up to the rain and winds ... things like ensuring downpipes and gutters are clear of leaf litter and other material, and loose items in the backyard are secured,” he added.

Mr Barry said the expected rains may also cause some roads and tracks in outback areas of the state to be closed due to flash flooding.

“We are urging people who are travelling in the area to closely monitor road conditions,” he said.

Information on the status of outback roads can be found on the www.dpti.sa.gov.au/OutbackRoads website. For more information on extreme heat visit www.sa.gov.au/extremeheat. Further weather information can be found at www.bom.gov.au.

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