

State Emergency Service **Media Release**



Thursday, 5 January, 2017

Hot weather prompts SES advice

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 and visitors to think about their health and how they can stay cool.

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.

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

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

Mr Barry is also asking 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 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 BoM have also forecast the possibility of thunderstorms and fresh winds in some parts of the state.

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

There are also some precautions that people can take if they need to travel.

“With many people taking advantage of the school holidays it is important that they consider their travel plans in advance. Ensure that your vehicle is prepared, take plenty of water, where possible avoid driving in the hottest parts of the day, and unless familiar with the area avoid travelling in remote regions”. 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