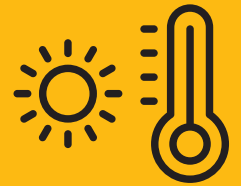


Heat Wave or Extreme Heat

• Sunsmart • Hydrate • Informed



A heat wave is often marked by unusually hot weather over a region for at least two consecutive days during the hottest period of the year and that is above the normal conditions for that time of the year.

Before a heat wave

- ✓ Stay informed about upcoming heat conditions and plan your outdoor activities.
- ✓ Learn about things you can do to keep safe during a heat wave or extreme heat (see below).

During a heat wave

- ✓ Check for updates and follow information from the emergency services.
- ✓ Follow guidance from UC Security and emergency services.
- ✓ Sunsmart: SLIP, SLOP, SLAP and WRAP:
 - SLIP on clothing, covering skin as much possible (eg, long-sleeve t-shirt).
 - SLOP on plenty of broad-spectrum sunscreen.
 - SLAP on a hat with a wide brim or a hat that covers the ears and neck.
 - WRAP on sunglasses.

Stay hydrated

- ✓ Drink plenty of fluids to stay hydrated. Avoid sugary or alcoholic drinks because they encourage more fluid loss.
- ✓ Where possible, have a good supply of water close to your work area.

Stay cool

- ✓ Wear loose-fitting, lightweight, light-coloured clothing.
- ✓ Go to areas with air conditioning.
- ✓ Where possible, draw blinds and curtains to limit morning or afternoon sun.

Stay inside

- ✓ Limit your outdoor activity during the hottest part of the day.

If you need to work outdoors

- ✓ If possible, schedule outside tasks earlier or later in the day when the weather is cooler.
- ✓ Take frequent breaks.
- ✓ Rest often in areas with shade, so your body has a chance to recover.

How to recognise and help with a heat-related illness

During a heat wave, people are susceptible to heat-related conditions. Anyone can develop heat-related illnesses. Act fast if you notice someone with symptoms. Below are some of the major heat-related illnesses.

Heat cramps	Heat exhaustion	Heat stroke
Muscle spasms caused by a large loss of salt and water in the body.	The body's response to excessive loss of water and salt, usually through excessive sweating.	This is a serious heat-related illness when the body can no longer control its temperature.
Look for: <ul style="list-style-type: none"> • Heavy sweating with muscle pain or spasms 	Look for: <ul style="list-style-type: none"> • Heavy sweating • Cold, pale and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness, headache, passing out 	Look for: <ul style="list-style-type: none"> • High body temperature • Hot, red, dry or damp skin • Fast, strong pulse • Headache, dizziness • Nausea, confusion, passing out
How to help: <ul style="list-style-type: none"> ✓ Move to a cool place ✓ Drink water or a sports drink ✓ Get medical help right away if: <ul style="list-style-type: none"> • cramps last longer than 1 hour • the person affected has a heart problem 	How to help: <ul style="list-style-type: none"> ✓ Move to a cool place ✓ Loosen tight clothing ✓ Cool the body using wet cloths, misting, fanning or a cool bath ✓ Sip water slowly ✓ Get medical help right away if: <ul style="list-style-type: none"> • vomiting occurs • symptoms last longer than 1 hour or get worse • confusion develops 	How to help: <ul style="list-style-type: none"> 📞 DIAL 111 ask for "AMBULANCE" 📞 DIAL UC Security 0800 823 637 to tell them emergency services have been called ✓ Give details of location and any assistance required ✓ Move to a cool place ✓ Cool the body using wet cloths, misting, fanning or a cool bath ✗ DO NOT give the person anything to drink

After a heat wave

- ✓ Take care of yourself. It's normal to have bad feelings, stress or anxiety after a heat wave.
- ✓ Eat healthy food and get enough sleep, to help you deal with stress.
- ✓ Contact UC student/staff services for more support.