

Number three



Top tips for hot weather

How to keep cool during hot weather...

for staff and service users

Listen to your local weather forecast so you know if really hot weather is on the way

- Plan ahead to reduce its effects on your health and well-being and those that you care for
- Try and plan your day in a way that allows you to stay out of the heat
- If you can, avoid going out in the hottest part of the day (11am – 3pm)
- If you can't avoid strenuous outdoor activity, like gardening, keep it for cooler parts of the day like early morning

Keep out of the heat and stay cool:

- Keep your home cool by shading and shutting windows (using blinds/curtains) during the day and opening them at night when it is cooler outside. NB Be mindful of home security
- Do not open windows in air-conditioned rooms as this counteracts the air-conditioning
- Promote proper ventilation, using fans, if necessary
Ensure fans are operating safely and correctly. NB Placing an ice pack (cooler block) from your freezer, safely, in the air flow, will cool the circulating air
- When sitting for long periods, have a cold flannel next to you and wipe your face, wrists and the back of your neck regularly
- Stay out of heat traps such as conservatories and if possible sit in cooler parts of the building



When outdoors:

- Wear light and loose fitting clothing to form a barrier
- Wear a hat with a brim or flap to cover ears and the back of the neck
- Stay out of direct sunlight and stay in the shade wherever possible
- Use high factor sunscreen
- Keep hydrated, take a bottle of water out with you particularly on journeys where access to drinks is restricted

