



# Beat the Heat

## Keep residents safe and well

Keeping cool in hot weather is very important for health. In previous hot weather in the UK and Europe, people in residential and nursing homes were at particularly high risk of illness and death. Be aware of plans at your place of work for responding to high temperatures, including actions you may need to take to keep residents safe.

### Residents at highest risk

People at the highest risk from heat include those with long term illnesses, on certain medications including some blood pressure tablets, and people unable to make changes for themselves.



Identify those at highest risk



Know your care home response plan



Know where your cool rooms are

### Keep residents cool

Keeping cool is vital in hot weather. There are actions you can take to help residents remain well. Signs of heat related illness include nausea, drowsiness and headache.



Recognise heat related illness



Encourage suitable clothing and fluid intake



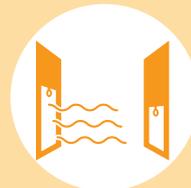
Reschedule physical activities to cooler hours

### Keep the building cool

There are simple actions to take to reduce overheating in care homes.



Monitor temperatures in all rooms



Create cross ventilation and use blinds to reduce heat gain



Turn heating systems off

### Take action

Treatments for heat-related illness are always the same. Cool the person down and get help if they are unresponsive.



Move to a cooler room



Cool showers, wet skin, fluids



Get help or Call 999 in an emergency

For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)

# Are you and your care home prepared for hot weather?

## Y/N Before hot weather conditions

- Does your care home have a plan in place should hot weather be forecast and/or occur?
- Do you know the content of the plan and where to find it?
- Do you know what to do if it becomes hot inside the care facility?
- Are all responsible parties aware of their roles/trained in/briefed on what to do?
- Do you know how to keep rooms cool during hot weather?
- Do you know how to keep residents cool in hot weather?

Notes/  
responsible person

## Y/N Residents at risk

- Are any of your residents unable to adapt their own behaviour and/or environment to stay cool?
- Do you know that you are also responsible for identifying if a room is overheating?
- Do you know who to report this to?
- Is there a cool room available for high risk residents (below 26°C)? If not, what alternative actions could you take to keep residents cool?

Notes/  
responsible person

## Y/N Keep your residents cool

- Are you able to ventilate the rooms eg, can windows or vents be opened to create a through-flow of air whilst ensuring the safety of residents?
- Does your facility have external awnings to provide external shade? Do you know how to operate them?
- Are fridges, freezers and fans working properly? If not, do you know who is responsible for taking action?
- Can you store all medicines, according to the instructions on the packaging, even if indoor temperatures rise above that stated on the packaging? If not, what is your organisation's plan for managing this?
- Do you know if indoor temperatures in bedrooms and common areas in your facility are monitored (ie are there indoor thermometers)? Who is responsible for this?
- Do you know who is responsible for managing the heating system in your care home?
- Do you know how to turn off the heating in individual bedrooms and common areas? Who is responsible for taking this action?

Notes/  
responsible person

If the answer to any of the questions is 'no', see the Heatwave Plan for England and associated documents for further information, and ask your line manager for advice.

[www.gov.uk/government/publications/heatwave-plan-for-england](http://www.gov.uk/government/publications/heatwave-plan-for-england)