



HOT WEATHER POLICY

POLICY STATEMENT:

Northern Carers Network (NCN) Hot Weather Policy shall be enforced for the health, safety and welfare of Carers and care recipients, volunteers and staff associated with Northern Carers Network Program activities.

It is expected the Hot Weather Policy will provide a clear understanding about when NCN activities shall and shall not take place to minimise the risk of heat stroke and distress of Carers, care recipients, staff and volunteers.

It is intended that this policy shall cover Carer Day Out and other program activities provided by Northern Carers Network. Furthermore the policy will take into consideration the welfare of vulnerable persons connected to NCN that may be at risk during extreme heat waves.

PROCEDURES

Carer Day Out – When the temperature for ADELAIDE is predicted to be 36 degrees or more, the outing shall be automatically cancelled. This will be communicated to Carers through the newsletter when advertising outings to inform them of our hot weather policy. It shall be the responsibility of the coordinator to cancel venues and vehicles associated with the outing.

Program Activities – Where a program activity is scheduled as a part of our regular program and the Adelaide temperature is predicted to be 36 degrees or more on the day of the program activity, the coordinator shall cancel if the planned activity is outdoors. If the planned activity is in air-conditioned comfort and does not require physical activity, the coordinator shall consult with the carers to seek their opinion about whether the temperature is too hot and the activity should be cancelled. This should be done as far in advance as possible prior to the activity.

Vulnerable Persons: During extreme heat waves there will be every attempt to ensure vulnerable persons known to NCN are connected to REDI CROSS (details attached). For those vulnerable persons not eligible for this service, they will be contacted by coordinators when practicably possible, with the support of the volunteer telephone support team.

Consult: The Program Manager should be consulted in situations where there is uncertainty around the hot weather policy. All clients of the program, volunteers and staff shall be informed of this policy when they join the NCN.

Version	Approved	Approval Date	Review Date
2	Board of Management	February 2013	February 2016

Tips for avoiding heat illness

- Replace lost fluids (drink more water, juice, sports drinks or other non-alcoholic drinks). Drinks of 100-200ml water at frequent intervals will be adequate to reduce fluid loss in sweating;
- Have rest breaks in a cool place;
- Minimise caffeine, carbonated drinks, alcohol and tobacco use;
- Do not take salt tablets unless your doctor has specifically advised you to do so;
- Inform your employer if you have an underlying health condition that may increase your risk of heat illness;
- Maintain a healthy lifestyle (healthy diet and regular exercise);
- Wear cool clothing, a wide brimmed hat and use sunscreen; and
- Take a break and tell your supervisor if feeling tired, dizzy or weak or you're having trouble concentrating.

How should heat illness be treated?

- Have the person rest in the coolest available place and drink cool but not cold fluids. Provide an electrolyte supplement or sports drink if available.

- Contact ambulance service if the symptoms do not reduce quickly or if symptoms of heat stroke are present.