



WHEN DAYS GET HOT

TAKE EXTRA PRECAUTIONS
FOR YOUR STAFF AND GUESTS

THE ISSUE

At the time of publication The Met Office has issued an Amber Extreme heat warning - for Sunday (17 July) and Monday (18 July). This highlights likely adverse health effects for the public, not just limited to those most vulnerable to extreme heat. Temperatures could be in excess of 35°C in the southeast, and more widely around 32°C within the warning area. These high temperatures could extend further into next week and an extension of the warning will be considered in the coming days.

In circumstances such as these it is essential to consider whether you have control measures in place to ensure the safety and welfare of staff and guests at your events.

The principal issues are dehydration and overheating - leading to heat exhaustion and heat stroke. Protection from the sun is also worth careful consideration for staff working outdoors.

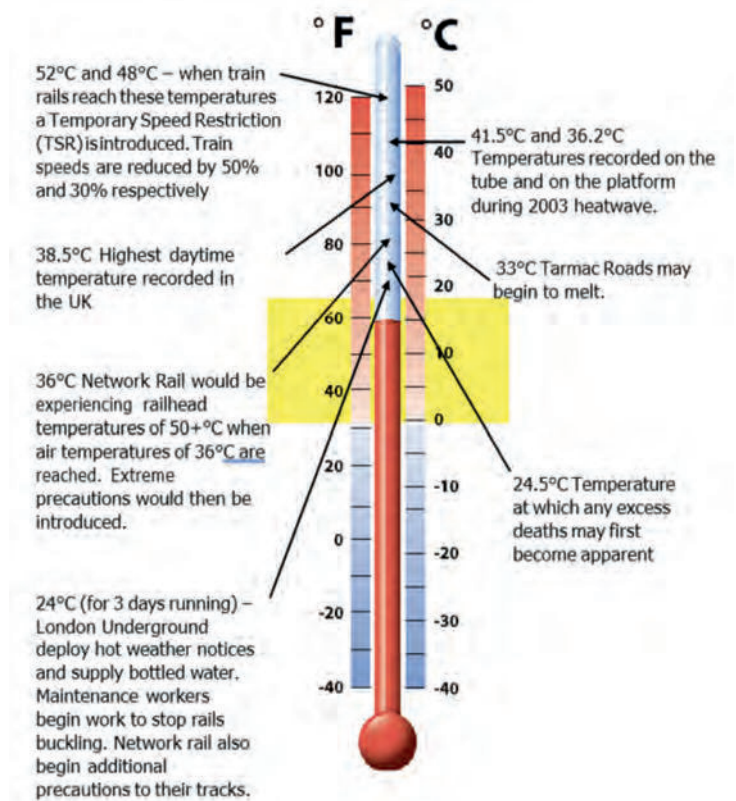
SIGNS OF HEAT EXHAUSTION /STROKE

Signs can include:

- Confusion and/or dizziness
- Headache
- Dizziness and confusion
- Loss of appetite
- Excessive sweating and pale, clammy skin
- Cramps in the arms, legs and stomach
- Fast breathing or pulse
- Very Thirsty
- High temperature of 38C or above

HEAT TRIGGER POINTS

Extracted from The Heatwave Plan for England, the below illustration demonstrates what happens from government at different temperatures.:



Source: Heatwave Plan for England



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WHAT YOU CAN DO - STAFF

- Reduce time spent outdoors - avoiding 11am - 3pm where feasible.
- Shorten shifts and increase the frequency and duration of breaks
- Consider crew numbers.
- Have plenty of cold drinks, and ensure staff are briefed to avoid excessive alcohol (when not working) and caffeine / hot drinks.
- Brief staff to eat cold foods, salads and fruit with a high-water content.
- Ensure you have sufficient sun cream onsite.
- Ensure you have shaded and well ventilated spaces onsite for rest breaks..
- Consider that demands on medical staff are likely to increase.
- Update your risk assessment to reflect the additional control measures and the residual risk (if you use a matrix/scoring system).
- Increase air circulation or hire air cooling units in enclosed spaces.
- Ensure you have regular welfare checks in place on staff working.
- Issue information on the signs of heat exhaustion and how to stay cool.

WHAT YOU CAN DO - GUESTS

- Make suncream available on-site free or charge or at a fair price
- Create shaded and well ventilated spaces onsite.
- Ensure clear messaging is directed to your guests to remind them of the risks and what they can do to stay safe.
- Consider that demands on medical staff are likely to increase.
- Update your risk assessment to reflect the additional control measures and the residual risk (if you use a matrix/scoring system).
- Increase air circulation in enclosed spaces.
- Ensure you have considered vulnerable groups in your planning.
- Create a comms plan that promotes hydration and key government and NHS guidelines.
- Consider animal welfare if your event or venue attracts our four legged friends.

SOURCES OF EXTRA INFO

- ^a NHS heatwave information
- www.gov.uk Heatwave Plan
- WHO - Heatwave