

Hot Weather – Comms Pack

UKHSA and the Met office have issued a RED alert for the West Midlands from 1am on 24 June until 11pm on 25 June.

Risk Description

Severe impacts are expected across health and social care services due to the high temperatures, including:

- **increased risk to life across the whole population, with significant impacts on older people**
- **significantly increased demand on all health and social care services**
- **the heat affecting the ability of the workforce to deliver services**
- **hot indoor environments making provision of care challenging and national critical infrastructure failures, such as generators and power outages**
- **water-related incidents may increase, including risks from cold-water shock and drowning**

A red alert means extreme heat is likely to have serious effects across the whole population, putting people, especially older adults, at increased risk.

Images: [22 June \(Red Health Alert images ONLY\)](#)

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Internal Comms for staff	
Message to staff	<p>Subject: Staying safe and well during this week's extreme heat</p> <p>Dear all, with <u>red weather warnings</u> in place this week, and the prospect of sustained high temperatures it is important that we all take some simple but important steps to look after ourselves and each other while we continue our day-to-day work.</p> <p>Please make sure you stay hydrated, take breaks where needed, and adapt how you work if the heat is affecting you. If you or someone in your team has a health condition that may be affected by the heat, please take this into account and speak to your manager about any adjustments that may help.</p>

	<p>It's also a good time to check in on colleagues and others who may be more vulnerable, and to keep water safety in mind too. The latest NHS guidance on staying safe in extreme heat is available here.</p> <p>We've put together some useful information on the intranet to help you stay safe and well over the coming days. This includes information of relevance to colleagues working outdoors and in frontline and operational roles.</p> <p>Managers of teams without easy digital or email access – please share the messages with your teams as appropriate.</p> <p>Read the full guidance here: Staying safe and well in extreme heat</p> <p>We do ask that you take a proactive approach to managing the risks associated with extreme heat and recognise that service delivery may need to be adapted during this period, with staff safety remaining the priority.</p> <p>If you have any immediate concerns about working conditions, please raise these with your line manager.</p> <p>Kind Regards....</p>
<p>Intranet Page</p>	<p>Staying safe in extreme heat</p> <p>In light of the red weather warnings this week it's important that we all take the appropriate steps to look after ourselves and others during the extreme heat.</p> <p>What does a red weather warning mean? A red warning is the most severe level of alert, indicating dangerous weather is expected and could lead to serious illness or danger to life and substantial travel disruption.</p> <p>Health and wellbeing Look after your own health - If you or a member of your team has underlying health conditions which place you in the highly vulnerable group, please ensure you discuss options to help you reduce risk and remain well whilst working.</p> <p>Latest NHS guidance on staying safe in extreme heat Heatwave: how to cope in hot weather - NHS.</p>

There is also special guidance for people with asthma and other lung conditions here [Information and support for asthma and other lung conditions](#)

Keep yourself cool – Drink plenty of fluids, keep out of the sun, close curtains/blinds in rooms that face the sun. Dress in light fabrics in light colours to help stay cooler.

There is some useful information on home adaptations in this guide: [Overheating Adaptation Guide for Homes — Shade the UK](#)

On the move? - Please check road conditions if driving, and any updates on public transport, amending your travel plans if necessary. Make sure you carry water with you, carry a small hand-held fan.

Check on others - It's also important to check on others, much in the same way we would in colder temperatures. Check in on colleagues, friends, family and neighbours who may be particularly vulnerable to the heat and may need support to keep cool and stay hydrated. If you are worried about your health, or that of somebody you know, ring NHS 111.

Water safety - Can we also take this as an opportunity to reinforce messages around water safety and ask for your help to spread the word. Warwickshire has a wide variety of lakes, quarries, canals and rivers, all of which carry hidden dangers. Even on a warm day, the temperature in open water can be very cold, causing cold water shock – a physical reaction that can make it difficult to control breathing, lead to panic and make swimming extremely difficult. Should you, or anyone you know, encounter someone in trouble in the water, please remember to *phone 999, tell them to float on their back and where possible throw them something to hold on to. PHONE - FLOAT - THROW.*

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Here are some useful tips on keeping your Surface Pro cool in these higher temperatures: [Working for Warwickshire - Tips to keep your Surface Pro cool](#)

Working in buildings

Keep your space cool - If you are working in an office environment – please take steps to ensure the space is as cool as it can be, closing blinds in spaces that face the sun.

There is some useful information on home adaptations in this guide: [Overheating Adaptation Guide for Homes — Shade the UK](#)

Hydration breaks – Are not just for the World Cup! Make sure you drink plenty of fluids and think about bringing in a spare bottle to keep chilled in the fridge.

Using fans - Train fans on you rather than out into a room - the small handheld fans are very useful for this, and many can be plugged into a USB to keep them charged. Please note there is not a central supply of fans, and any that are available are already distributed out within our buildings.

Working outdoors

If you are working outdoors, please monitor your health and hydration. Other things that may help teams and are recommended by the Health and Safety Executive are:

- Rescheduling work to cooler times of the day – where feasible, alter tasks or working hours to avoid the hottest parts of the day.
- Provide more frequent rest breaks and introduce shading to rest areas, make use of sheltered or cooler areas wherever possible.
- Ensuring access to cool drinking water
- Introduce shading in areas where people are working
- Encourage workers to remove personal protective equipment when resting to help encourage heat loss
- Make sure workers can recognise the early symptoms of heat stress

Working in the sun

Too much sunlight can cause skin damage including sunburn, blistering and skin ageing. In the long term, it can lead to an increased risk of skin cancer. Please follow appropriate guidance on PPE but add in suncream/sunblock to help protect your skin from long term damage.

	<p>Supporting visitors and the public</p> <ul style="list-style-type: none">• Be mindful of vulnerable members of the public, including older people and young children.• In outdoor locations, offer support such as directing individuals to shaded areas, encouraging hydration, and responding to any signs of heat-related illness. <p>Service and operational considerations</p> <p>Services should actively review conditions throughout the week and take decisions locally to protect staff and the public. This may include:</p> <ul style="list-style-type: none">• Reducing operating hours• Introducing additional breaks or rotating staff• Closing sites earlier or temporarily where conditions become unsafe <p>We recognise that service delivery may need to be adapted during this period, and staff safety must remain the priority.</p>
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Account	Public Health	Image
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Public Health

Wednesday
24 June

UKHSA and the Met office have issued a RED alert for the West Midlands from 1am on 24 June until 11pm on 25 June. A red alert means extreme heat is likely to have serious effects across the whole population, putting people, especially older adults, at increased risk. It can lead to higher health risks, disruption to daily life, challenges in staying cool indoors, possible power or infrastructure issues, and a greater chance of water-related accidents, meaning extra care and a coordinated response are needed.



Please see the following health messages:


- While many people enjoy warmer summer weather, hot weather can cause some people to become unwell through overheating (becoming uncomfortably hot), dehydration, heat exhaustion and heatstroke.
- keep out of the sun at the hottest time of the day, between 11am and 3pm
- if you are going to do a physical activity (for example exercise or walking the dog), plan to do these during times of the day when it is cooler such as the morning or evening
- keep your home cool by closing windows and curtains in rooms that face the sun
- if you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade and apply sunscreen
- drink plenty of fluids and limit your alcohol intake
- know the symptoms of heat exhaustion and heatstroke and what to do if you or someone else has them
- check on family, friends and neighbours who may be at higher risk of becoming unwell, and if you are at higher risk, ask them to do the same for you


Find out more on staying safe here <https://orlo.uk/FRsVe>
[#BeatTheHeat](#)



UK Health Security Agency





<p>Public Health</p>	<p>If you're feeling the heat, there are a few tips you can follow to ensure you are hydrated and protected:</p> <ul style="list-style-type: none"> - Drink fluids regularly throughout the day - Take a refillable bottle of water - Stay in the shade between 11am and 3pm (when the sun is strongest) - Apply sunscreen generously and re-apply frequently (especially after activities that remove it e.g. swimming) <p>For more tips and advice, please go to #BeatTheHeat</p>	
<p>Public Health</p>	<p>If you have friends, family or neighbours who you know are more vulnerable to the effects of hot weather, it's important you check in on them to ensure they are safe and well.</p> <p>Find out more on staying safe here #BeatTheHeat</p>	

Public Health	<p>It could get pretty hot in #Warwickshire over the next few days.</p> <p>#BeatTheHeat and keep your home cool by:</p> <ul style="list-style-type: none"> - Closing blinds and curtains on windows exposed to direct sun - Moving to the coolest part of your home - Open windows when air feels cooler outside than inside <p>For more information, please visit https://orlo.uk/COxLv</p>	
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Account	Fire and Rescue	Image
Please share from Warks Fire Rescue social media	<p>With the hot weather continuing, it's important to stay fire safe at home.</p> <p>Items like mirrors can concentrate the sun's rays if left in direct sunlight, increasing the risk of nearby objects catching fire.</p> <p>Please keep mirrors, aerosols, and other flammable items out of direct sunlight to help reduce the risk.</p>	

<p>Please share from Warks Fire Rescue social media</p>	<p>Wildfire Warning ⚠</p> <p>With dry weather, wildfire risk is high. Help protect our open spaces:</p> <ul style="list-style-type: none"> • Fully extinguish cigarettes and matches • Take all litter home (especially glass) • We discourage the use of disposable BBQ's but if you are using one keep them off dry grass and vegetation and dispose of ashes safely only when completely cold. • If you discover a fire, call 999 immediately. 	
<p>Please share from Warks Fire Rescue social media</p>	<p>UK Health Security Agency has issued a yellow heat health alert which is in place until Tuesday 23rd June. In hot weather we often see an increase in call-outs to water incidents and to fires caused by use of disposable BBQs or accidental wildfires caused by discarded cigarettes or out of control bonfires. Please help us to keep our communities safe by ensuring that you're mindful of the potential fire risks involved when we experience a heatwave.</p>	
<p>Please share from Warks Fire Rescue</p>	<p>Even on warm days, the water can still be very cold and cold water shock is highly dangerous. We experience an increase in call-outs to water-related incidents in the summer months. Please help us to keep you safe and avoid entering bodies of water.</p>	<p>PhoneFloatThrow_AW 1.mp4</p>

<p>social media</p>	<p>Would you know what to do if you got into trouble in the water? Float to Live:</p> <ul style="list-style-type: none"> • Tilt your head back and submerge your ears • Relax and try to control your breathing - Move your hands to help you stay afloat - It's OK if your legs sink, everyone floats differently • Once you are over the initial shock, call for help or swim to safety. • Never enter the water yourself. 	 <p>Someone in trouble in the water?</p> <p>Phone 999 to get help Tell them to stay calm and float on their back Throw rescue equipment to help them float until emergency services arrive</p>
<p>Please share from Warks Fire Rescue social media</p>	<p>With the hotter weather expected over the next few days, we want you to stay safe while enjoying the sun.</p> <p>🔥 Do not leave disposable BBQ's or glass bottles in open areas. They can easily start a fire which will spread rapidly damaging woodland areas and wildlife.</p> <p>🕒 Stay safe around water. If you see anyone in trouble in the water, remember phone 999, tell them to float on their back, throw any nearby rescue equipment.</p> <p>🕒 Keep objects like mirrors out of direct sunlight as they can concentrate the sun's rays, causing near-by objects to set fire.</p>	

Account	Road Safety – Be Prepared	Image
Driver Safety - Be Prepared	<p>Planning to drive in hot weather? Think ahead</p> <p>High temperatures can lead to delays, breakdowns and uncomfortable journeys. Before you set off, check your vehicle is ready and allow extra time.</p> <p>It's important to be mindful of overheating engines, higher tyre pressure, and the risk of dehydration for drivers and passengers.</p> <p>If you do get stuck in traffic or break down, having a few essentials can make all the difference. Pack plenty of water, some snacks, a charged phone, sunscreen and a hat just in case you get stuck at the side of the road.</p>	