

BEAT THE HEAT THIS SUMMER!

TOP TIPS FOR STAYING COOL

**Participate
Australia**

call to

ACTION

With Summer well under way, it is a good idea to remember to check your summer safety plans. Summer can bring heatwaves, more outdoor activities, and travel, which can be risky if not handled well.

We suggest:

- Drinking plenty of water
- Wearing suitable clothes
- Using sunscreen to protect from the sun

Make sure your home has air conditioning or fans to stay cool and avoid heat-related problems. Check your emergency contacts and update any medical information. Also, talk about any travel plans to ensure you have the necessary medications and access to healthcare if needed.

By taking care of these things ahead of time, you can have a safe and fun summer.

FOR MORE INFORMATION

You can contact the Participate Australia team to find out more about upcoming activities and how to prepare.

You can also find out more information about how to plan and respond to emergencies by visiting Resources for NDIS Emergency and Disaster Management at www.r4ned.au.



An initiative of Participate Australia

10 TIPS FOR A COOLER HOME



Water your garden

Seal any gaps around windows and doors.

Turn off any appliances that produce heat.

Create a cool room and focus on keeping one room cool and saving money.

Cover your windows from sun inside and out.

Plant trees and bushes for shade and cool air around your home

Use external awnings to block the sun.

Choose light colours that reflect the heat.



Insulate your roof and walls to keep heat out and lower your energy bills.

Get ready for blackouts, which often happen during heatwaves, by having alternative energy sources.

BLACKOUT EMERGENCY KIT



Cooler box and ice



Torch and batteries



10 litres of water per person



First aid kit



List of key contact numbers



Battery powered am/fm radio



Power pack to charge your mobile phone

With thanks to WSROC for their resources

Heatwaves can have significant and potentially dangerous effects on people with disability as they are often more vulnerable to extreme temperatures. These effects include dehydration, cardiovascular issues, particularly for individuals with pre-existing heart conditions, as well as Heat Exhaustion and Heat Stroke. Also, people with respiratory conditions, such as chronic obstructive pulmonary disease (COPD) or asthma, may experience worsened symptoms during heatwaves. High temperatures and poor air quality can exacerbate respiratory issues.