

# EXTREME HEAT MEDIA RELEASE



Thursday, 28 February, 2019

## Prepare for the heat during Mad March

With sweltering conditions expected across South Australia for the start of Mad March tomorrow, the State Emergency Service (SES) is encouraging everyone who will be outdoors to think about how they will stay healthy and safe.

SES Chief Officer Chris Beattie said the huge number of events underway in Adelaide and regional parts of the state will see many tens of thousands of people out and about in the heat.

“There’s a lot happening. The Fringe is now in full swing, the Superloop 500 starts today and the Adelaide Festival and Adelaide Writer’s Week begin this weekend, Mr Beattie said.

“AFL football also gets underway with a pre-season game at Port Pirie on Saturday between Port Adelaide and the Adelaide Crows,” Mr Beattie said.

Mr Beattie said there were numerous simple steps people can take to stay healthy and safe during the hot weather.

“Stay cool, keep well hydrated and check on those vulnerable people most at risk,” Mr Beattie said.

“Heatwaves can affect everybody but the elderly and frail, young children and babies, travellers who have arrived recently from cooler climates and those who work outdoors such as farmers and construction workers are among those most at risk.

“Hot cars kill. Under no circumstances, should children or pets be left in a parked car, even with the air conditioner running and the windows open. The temperature inside a parked car can double within minutes,” Mr Beattie said.

Further information on ways of coping with the heat can be found on the SES website [www.ses.sa.gov.au](http://www.ses.sa.gov.au).

Information on the forecast weather can be found on the Bureau of Meteorology’s website [www.bom.gov.au](http://www.bom.gov.au).



For further information visit [sa.gov.au/extremeheat](http://sa.gov.au/extremeheat)



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