

EXTREME HEAT MEDIA RELEASE



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Hot weather: preparation is the key

With the 2018-19 summer starting tomorrow, the State Emergency Service (SES) is encouraging all South Australians to think about how they are going to prepare for the expected hot weather.

SES Chief Officer Chris Beattie says there is no better time than this weekend to start preparing the family home for the summer months.

“Spend an hour or so this weekend checking that your air conditioner, fans and outside shutters and awnings are in good working condition,” Mr Beattie said.

“You may need to consider having your air conditioner serviced. This is always best done well ahead of any hot weather,” he added.

Mr Beattie said all South Australians, irrespective of where they live in the state, should expect to experience heatwaves over summer.

“We need to be mindful that heatwaves can have a detrimental impact on people’s health and wellbeing,” Mr Beattie said.

“Heat-related illness can affect anyone, even the very fit, and can result in severe health issues. It can be fatal for many with older people, those with a pre-existing medical condition and young children and babies most at risk,” Mr Beattie said.

Mr Beattie there are plenty of simple ways people can protect their health.

“Coping with the heat largely depends on using common sense and being prepared,” he said.

“During a heatwave, we advise people to stay cool, keep well hydrated and check on those people most at risk, such as elderly family members, friends and neighbours, to make sure they are coping with the conditions.

“Under no circumstances, should children or pets be left in a parked car, even with the air conditioner running,” Mr Beattie said.

Information on the forecast weather can be found on the Bureau of Meteorology’s website www.bom.gov.au

For further information visit sa.gov.au/extremeheat



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