

# Heatwave: Stay safe and healthy

A heatwave is a period of unusually hot weather in an area that lasts 3 days or more. Heat puts stress on our bodies and hot nights make it harder to recover. Heatwaves kill more Australians compared to any other natural disaster.

If you are organising an event during a heatwave, you need to take extra precautions to ensure staff and attendees stay safe and healthy.

## Your checklist to organising an event during a heatwave:

### Stay informed

- Stay up to date on heatwave alerts ([emergency.wa.gov.au](https://www.emergency.wa.gov.au)), listen to the radio and television weather reports.

### Be prepared

- Identify, assess and plan for heatwave-related risks.
- Consider a backup date for rescheduling your event.
- Ensure there are appropriate medical services onsite.

### Provide free, accessible cold water

- Provide water stations throughout the event:
  - Near locations where alcohol is available for sale.
  - Near to main events or acts.
  - In areas away from the main stimulus of the event, including chill out areas, shaded areas, and nearby camping grounds.
- Provide clear signage to the location of water and toilets.

### Provide cool air ventilation

- Ensure adequate ventilation in venues with air-conditioners or industrial fans and, where possible, access to shaded outdoor spaces.

### Provide shade and chill-out spaces

- Provide chill-out spaces or alternative activities in shaded areas throughout the event:
  - Away from the stimulus of the event.
  - Away from alcohol service areas.
- Ensure chill out spaces are well ventilated and ambient temperatures are checked regularly.

### Ensure event staff have safe working arrangements

- Ensure event staff working outdoors have suitable working arrangements. See **Heatwave: Stay safe and healthy - outdoor worker checklist**.

### Encourage heat safe behaviour to attendees

- Utilise the events website, social media platforms, apps, emails, ticket, and wristband messaging as an opportunity to deliver heat-safe messages to patrons.
- For events where the use of illicit drugs is expected or likely, consider harm reduction messaging including:
  - hydrating safely over (hydration/dehydration risks)
  - chilling out and taking regular breaks
  - knowing the signs when you or your friends need help
  - remember: first aid officers are here to help, not to call the police
  - it's important to get medical help promptly



# Know the signs of heat-related illness and act fast



## Dehydration

Feeling thirsty, a dry mouth, and darker urine.



## Treatment

Rest in a cool area, remove excess clothing and drink water.



## Heat stress

Pale skin, excess sweating or no sweating, and dark urine.



## Treatment

Lie in cool area and remove excess clothing. Apply wet cloths, cold water or wrapped icepacks to the skin (armpits and groin) and drink water. Call triple zero (000) if symptoms do not improve in 30 minutes.



## Heat stroke

Confusion, incoherent speech, abnormal walking, seizures or coma.



Heat stroke is a life-threatening medical emergency. Immediately call triple zero (000).

If you or someone you know is ill, contact your regular health care provider or call Healthdirect Australia on 1800 022 222. In an emergency go to your nearest hospital or call triple zero (000).

For more information, visit [healthysa.gov.au](https://www.healthysa.gov.au)

