

SUMMER IS ON ITS WAY!

5 tips to get you thinking about how to get your setting summer-ready



1

Evaluate who your **priority service users** are in the event of a heatwave and make an advanced plan

2

Make sure south-facing **rooms have sufficient blinds/curtains** to keep the area cool in periods of extreme heat. For community settings, **send out a gentle reminder** in advance to service users relating to their central heating levels so their environment does not become too hot – you could put this in your newsletter



3

Have a refresher with staff on the ground to ensure that they feel summer-ready

- Advise them to have **plenty of water** with them
- Take **regular breaks**
- For domiciliary care workers - **plan their routes** to best avoid summer traffic
- Best clothes for service users to wear in hot weather – **loose fitting and light weight clothing**



4

Consider your summer menu – be sure to include plenty of high-water content foods such as melon and salads



5

Prioritise essential activities during periods of extreme heat – reconfigure strenuous service user **leisure activities to cooler parts of the day**

