

Welcome

Hot Weather Management for Adult Social Care Providers

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Hot Weather Preparedness Adult Social Care Providers

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What the Session Will Cover

- What is Extreme Heat
- Impact of Heat on Health
- Vulnerable groups most at risk
- Weather Health Alerting System and Heat Health Alerts
- Hot Weather & Health guidance for social care
- Actions to mitigate the risk associated with hot weather
- Actions to keep the environment and residents/ clients cool in hot weather
- Link to resources available

What is Extreme Heat

- Extreme heat is a period of unusually high temperatures that is much hotter than normal for a particular place and time of year. It can last for several days or weeks and may include high humidity, making it feel even hotter and more dangerous. In Hertfordshire, the Met Office defines a heatwave as **at least 3 consecutive days where temperatures reach or exceed 28°C.**
- The frequency, intensity and duration of heat periods are increasing in the UK due to climate change.
- Extreme heat is a significant public health and safeguarding issue in social care because it increases health risk, places extra pressure on services and can lead to serious illness or death if not managed effectively.

Impacts of extreme heat

- Extreme heat can have serious effects on people receiving and providing social care. Many individuals in social care settings are more vulnerable to heat-related illness due to age, disability, long-term health conditions, or reduced mobility.
- Increased rates of death among vulnerable groups, hospital admittance and demand on healthcare services
- Increased pressure on care homes and domiciliary care services and greater demand for care
- Difficulty maintaining a safe indoor temperature in residential care settings.
- Staff fatigue, stress, and reduced wellbeing when working in hot conditions
- Disruption to public transport, with secondary impacts on service provision, power outages and possibility of water shortage.



Health Effects of Heat

Heat syncope – dizziness and fainting, due to dehydration, vasodilation, cardiovascular disease and certain medications

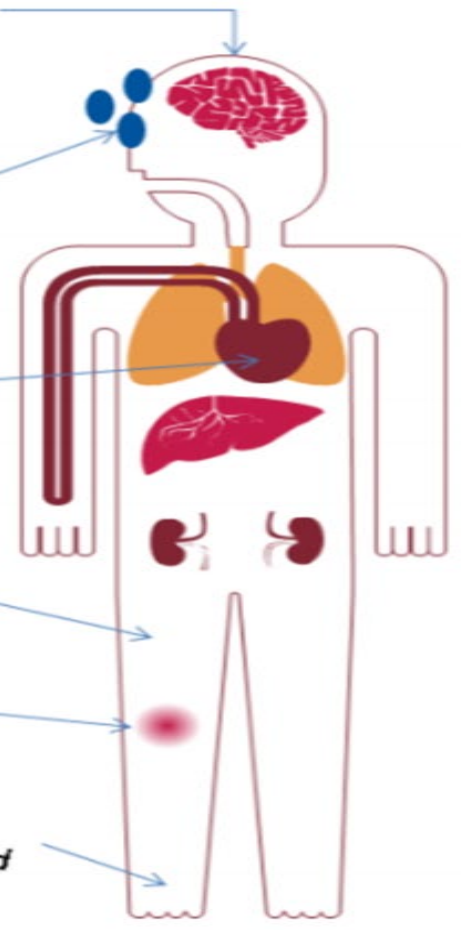
Excessive sweating can deplete fluid and salts

When blood temperature rises, the body stimulates sweat glands, dilates blood vessels and increases the heart rate

Heat cramps – caused by dehydration and loss of electrolytes, often following exercise

Increased blood flow to the skin cools the body by radiating heat, leading to heat rash (small, red itchy papules)

Heat oedema – mainly in the ankles, due to vasodilation and retention of fluid



Health effects of heat

The main causes of illness and death during a heatwave are respiratory and cardiovascular diseases. Additionally, there are specific heat-related illnesses including:

Heat Exhaustion

- Nausea or irritability
- Dizziness
- Muscle Cramps or weakness
- Feeling faint
- Headache
- Fatigue
- Heavy sweating
- High body temperature

Heatstroke

- Hot, dry skin or profuse sweating
- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature



Health Effects of Heat



Heat exhaustion - occurring when a person has lost too much water, requires immediate action to cool a person down - move to cooler, shaded area, offer a drink remove unnecessary clothing, cold packs.

Heatstroke – is a **medical emergency** where the body is no longer able to cool down. If you suspect someone has heatstroke **dial 999** immediately.

Heat exhaustion and heatstroke – NHS

Health Effects of Heat

Dehydration- means your body loses more fluids than you take in. If not treated it can get worse and become a serious problem. **Dehydration - NHS**

Symptoms of dehydration include:

- feeling thirsty
- headache and feeling light-headed
- dark yellow, strong-smelling pee
- peeing less often than usual
- feeling dizzy or lightheaded
- feeling tired
- a dry mouth, lips and tongue
- sunken eyes

Ensure people you care for have access to fluids at all times



Vulnerable Groups at risk

Anyone can become unwell when the weather is hot but some are higher risk than others

High risk groups include:

- Older people especially aged 65 years and over
- babies and young children under the age of 5 years
- people with underlying health conditions, particularly heart problems, breathing problems, dementia, diabetes, kidney disease, Parkinson's disease or mobility problems
- pregnant women
- people on certain medications
- people with serious mental health problems
- people with alcohol or drug dependence
- people experiencing homelessness
- People living in care homes, those living alone and/or are socially isolated.

Heat Related Deaths 2025

- Summer 2025 was warmest UK summer on record with a mean temperature of 16.1°C
- Latest UKHSA data shows there were an estimated 1,504 heat associated deaths during Summer of 2025 across five heat episodes.
- This estimate of 1,504 heat-associated deaths is higher than the 1,311 reported during the summer of 2024.
- As in previous years, highest heat associated mortality rates were observed in older age groups – those aged 85+ experienced highest rate followed by age 75-84yrs.

[Heat mortality monitoring report, England: 2025 - GOV.UK](#)

Heat Associated Death by Place

- Significant heat associated mortality was observed in care homes, hospitals and people's own homes.
- Care homes seeing largest increase compared with baseline mortality.

[Heat mortality monitoring report, England: 2025 - GOV.UK](#)

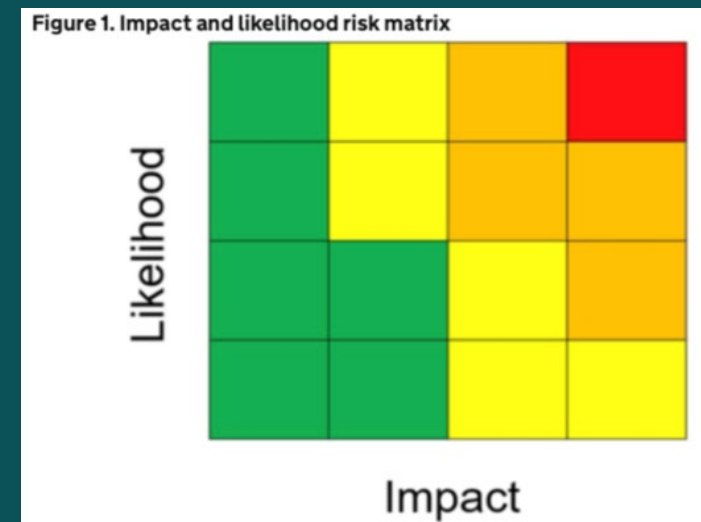
Heat Associated Death by Cause of Death in England (2025)

- Analysis by cause of death shows that all circulatory diseases remained most common underlying cause for heat associated deaths.
- Cancer second most common cause a finding that has emerged for the first time and will require further investigation.
- Significant heat associated deaths were also seen for deaths caused by Dementia and Alzheimer's disease.

[Heat mortality monitoring report, England: 2025 - GOV.UK](#)

Weather Health Alerting System

- During the summer, UKHSA / Met Office issue heat health alerts when the weather conditions have the potential to impact the health and wellbeing of the population - allow to make local risk assessments and to take action to reduce harm to health.
- The alerts are given a colour (green, yellow, amber or red) based on the impact the weather conditions could have on health, and the likelihood of those impacts occurring.
- The Heat-Health Alert system operates during the summer season, from 1 June to 30 September. Read the [Weather-Health Alerting System guidance](#) for more information.
- Register to receive alerts [Weather-Health Alerting system registration form](#)
- [Heat health alerts | UKHSA data dashboard](#)





Heat Health Alerts: levels

Green (summer preparedness) - No alert issued. Considered BAU. important to ensure that plans are in place and prepared to respond should an alert (yellow, amber, or red) be issued.

Yellow (response) - Issued where impacts may be expected for those who are particularly vulnerable (e.g. the elderly with multiple health conditions and on multiple medications) and are likely to struggle to cope and where action is required within the health and social care sector specifically or where the confidence in weather forecast for more severe period of heat is low.

Amber (enhanced response) - issued for situations where impacts are expected across the population. Where impacts expected across other sectors.

Red (emergency response) - significant risk to life for even the healthy population

	4	8	13	16
	3	7	12	15
	2	6	10	14
	1	5	9	11
Likelihood				
				Impact

Hot Weather and Health Guidance

UKHSA Adverse Weather and Health Plan (AWHP), Action Cards and associated documents provide a broad framework for action to ensure hot weather preparedness and response.

[Adverse Weather and Health Plan - GOV.UK](#)



Hot Weather and Health Guidance

UKHSA Guidance

[Heat-Health Alert action card for health and social care providers - GOV.UK](#)

This action card summarises the suggested actions that providers of health or social care should consider

[all year round to support summer preparedness](#)

and at each Heat Health Alert level

for a [yellow alert](#)

•for an [amber alert](#)

•for a [red alert](#)




The screenshot shows a GOV.UK webpage with a blue header. The breadcrumb trail is: Home > Health and social care > Public health > Health protection > Emergency re. The main heading is "Guidance" followed by "Heat-Health Alert action card for health and social care providers". Below this is a paragraph: "This Heat-Health Alert action card summarises the suggested actions that providers of health or social care should consider at each Heat-Health Alert level." At the bottom, it says "From: UK Health Security Agency" and "Published 18 February 2025".

Hot Weather and Health Guidance

Heat Health Alert summary action cards:

- [Heat –Health Alert summary action card - home care](#)
- [Heat-Health Alert summary action card for care homes and other residential settings](#)

 **Heat-Health Alert summary action card for care homes and other adult social care residential settings**

This is a summary of the suggested actions for managers in this setting at each alert level. Check the [Heat-Health Alert action card for health and social care providers](#) for more detail, including what to do before summer, and adapt actions for your service as appropriate.

Summary actions for a yellow alert


- Conduct a local risk assessment for hot weather in your area and your organisation's response, consulting the Heat-Health Alert, [guidance](#) and [full action card](#)
- Confirm that staff are aware of business continuity and hot weather plans and received the [Heat-Health Alert](#). Share it with staff if they have not received it
- Share and explain the importance of [Beat the heat](#) messages to clients and staff, including raising awareness of heat illness signs and prevention
- Ensure staff check thermometers are installed and working, and monitor temperatures inside buildings especially where people spend most time
- Ensure staff keep certain rooms or areas below 26°C, giving people a place to cool down, and keep the building as cool as possible (for example, by closing windows when it's hottest and opening windows when it is cooler outside, such as at night)
- Review, prioritise and monitor individuals most vulnerable to heat-related illnesses
- Assess staffing levels, recognising possible increased care needs during hot weather
- Ensure staff promote client hydration, offering cold water and ice regularly
- Ensure medication is stored according to instructions
- Encourage and enable staff to carry water and stay hydrated, and report concerns about their own health promptly

Summary actions for an amber alert

- Continue yellow alert actions
- Follow your local business continuity and/or hot weather plans
- Ensure that staff monitor the temperature of at-risk individuals and their environment
- Advise staff and clients to raise concerns promptly, as heat illnesses can worsen fast

Summary actions for a red alert

- Continue amber alert actions
- Follow all local emergency response plans and continue to monitor the current situation by checking the weather alerts or local news
- Actively monitor all clients during hot weather episodes and monitor compliance with actions to keep living areas as cool as possible and cool rooms or areas below 26°C

 **Heat-Health Alert summary action card for services delivering care to people in their homes**

This is a summary of the suggested actions for managers in this setting at each alert level. Check the [Heat-Health Alert action card for health and social care providers](#) for more detail including what to do before summer, and adapt actions for your service as appropriate.

Summary actions for a yellow alert

- Conduct a local risk assessment for hot weather in your area and your organisation's response to it, consulting the Heat-Health Alert [guidance](#) and [full action card](#)
- Confirm that staff are aware of business continuity and hot weather plans and have received the [Heat-Health Alert](#). Share them with staff if they have not received them
- Share and explain the importance of [Beat the heat](#) messages to clients, staff and commissioners, including raising awareness of heat-illness signs and prevention
- Ensure staff advise clients on how to keep cool (for example, by closing windows when it is hottest and opening windows when it is cooler outside, such as at night)
- Give staff access to a thermometer. Check they know how to record and escalate concerns
- Ensure staff are making home checks (room temperature, medication storage, food and water supplies) when visiting clients. Add these to your work management system
- Ensure staff actively monitor high-risk individuals during hot weather episodes, and check these individuals have visitor or phone-call arrangements in place
- Assess staffing levels, recognising possible increased client needs in hot weather
- Encourage and enable staff to carry water and stay hydrated and to report concerns about their own health promptly

Summary actions for an amber alert

- Continue yellow alert actions
- Follow local business continuity and/or hot weather plans
- Ensure that staff monitor the temperature of at-risk individuals and their environment
- Advise staff and clients to raise concerns promptly, as heat illnesses can worsen fast
- Increase volume and frequency of [Beat the heat](#) advice to staff and clients

Summary actions for a red alert

- Continue amber alert actions
- Follow all local emergency response plans and continue to monitor the current situation by checking the weather alerts or local news
- Actively monitor all clients during hot weather episodes and monitor compliance with actions to keep living areas as cool as possible and cool rooms or areas below 26°C

Hot Weather and Health Guidance

- Supporting vulnerable people before and during hot weather: social care managers - GOV.UK. This guidance advises social care managers on how to reduce the risks of hot weather to the health and wellbeing of people they provide care for.
- Managers should also consult and share guidance on how to stay safe during hot weather and the keep cool at home checklist with staff providing care to social care clients (including in their own homes) for advice on keeping homes cool during periods of hot weather.

Guidance

Supporting vulnerable people before and during hot weather: social care managers

This page advises social care managers on how to reduce the risks of hot weather to the health of people they provide care for.

From: [UK Health Security Agency](#)
Published 19 December 2024
Last updated 8 July 2025 — [See all updates](#)

Beat the Heat poster

Beat the Heat: advice for hot weather - GOV.UK

Weather Ready - Met Office

UK Health Security Agency

Guidance

Beat the heat: keep cool at home checklist

Updated 13 March 2024

UK Health Security Agency

Beat the Heat

Keep in touch

- Look after yourself, older people and the young
- Listen to the weather forecast and the news
- Plan ahead to avoid the heat

Keep well

- Drink plenty of fluids and avoid excess alcohol
- Dress appropriately for the weather
- Slow down when it is hot

Find somewhere cool

- Know how to keep your home cool
- Go indoors or outdoors, whichever feels cooler
- Cars get hot, avoid closed spaces

Watch out

- Be on the lookout for signs of heat related illness
- Cool your skin with water, slow down and drink water
- Stay safe when swimming
- Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: GOV-12093

Early Preparation and Readiness

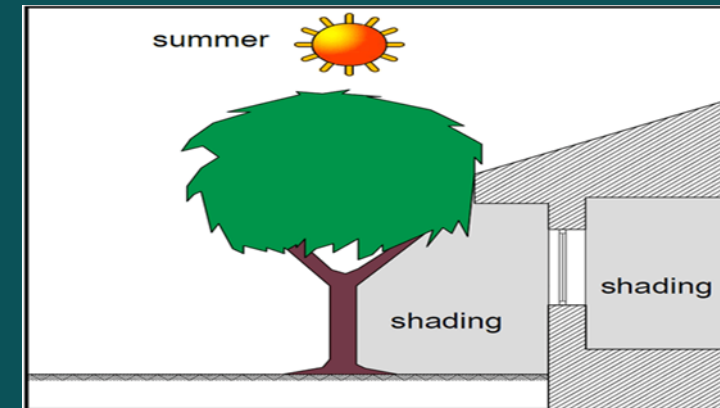
Actions to consider all year round for summer readiness:

- Sign up/ register for heat health alerts. Test out and ensure that local systems for sharing Heat-Health Alerts are fully operational and effective and that staff understand what actions to take.
- Consult Heat-Health Alert action card for health and social care providers - GOV.UK to identify actions to support preparation and planning for hot weather.
- Review, update and communicate Business Continuity and Hot Weather Plans.
- Ensure training for staff to recognise those most at risk, signs of heat related illness - Heat exhaustion and heatstroke – NHS and how to respond. Ensure staff are familiar with action cards and hot weather guidance.



Preparation for Hot Weather

- Identify high risk individuals (frailty, dementia, medications, cardiovascular disease) and update care plans .
- Consider environmental improvements – refer to **Beat the heat: keep cool at home checklist** - to identify if your home is at risk of overheating and how to reduce the risk (e.g outdoor shading, greenery).
- Install thermometers in key rooms and check staff know how to record temperatures and escalate concerns.
- If you have a ventilation system in your home, check this is switched on and operating in 'summer mode' if it has one.
- Ensure fans /air conditioning units are clean, working and serviced.
- Check fridges/ medication fridge are working at correct temperatures.
- Identify locations for cool rooms or areas (able to be maintained below 26°C) that could be established during a period of high temperatures.





Preparation for Hot Weather

- Assess staffing levels recognising possible increased care needs of residents/ clients.
- Check daily local weather forecast [Weather and climate change - Met Office](#)
- Look out for advice on what to do if services such as power, water supplies and transport were to be affected.
- Check safe medicine storage – most kept below 25°C (store in a cool dry place out of direct sunlight away from windowsills).
- Keep stocked with food / medications

Responding to Hot Weather – Keep the home cool

Consider the following actions to keep indoor temperatures as cool as possible:

- Check that your **heating is turned off**
- Reduce heat sources - turn off electrical equipment and lights that are not in use and consider cooking at cooler times of the day.
- Close windows, any external shutters or shades, blinds and curtains to keep cooler air in and hotter air out.
- Open windows (if it is safe to) when the air is cooler outside for example at night to get air flowing through the home.
- **Monitor room temperature** regularly to identify if a room is too hot (above 26°C).

Supporting vulnerable people before and during hot weather: social care managers - GOV.UK

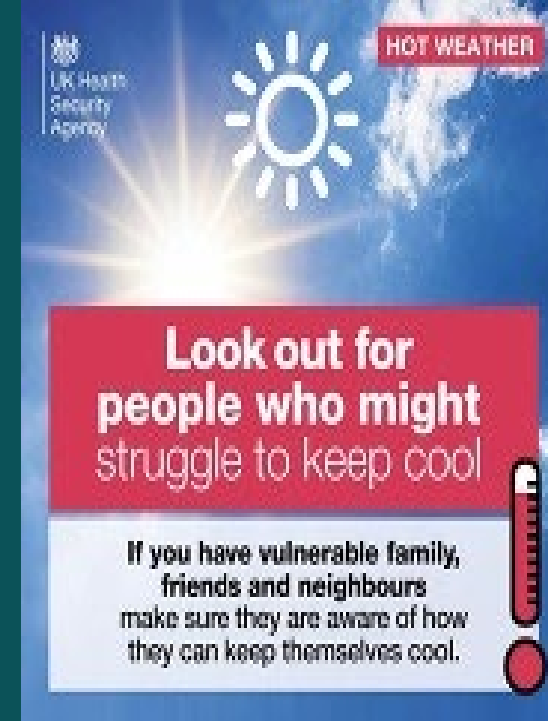
Further advice on keeping buildings cool can be found in [Beat the Heat: keep cool at home](#) checklist.



Keeping the People you Care for Cool

There are things you can do to prevent people from overheating when the weather is hot

- Monitor body temperature, hydration status and behaviour changes (signs of overheating).
- Use electric fans if the air temperature is below 35°C, do not aim the fan directly at the body as this can lead to dehydration
- Encourage lightweight, loose-fitting clothes that absorbs sweat and prevent skin irritation.
- Move to a designated cooler area of the home. It may be cooler outdoors in the shade or in a public building - places of worship, library ,supermarket.
- Avoid strenuous exercise and plan activities for times of the day when it is cooler
- Promote cool showers or baths / cold sponges



Hydration Support



- Be alert to signs and symptoms of dehydration [Dehydration– NHS](#)
- Encourage plenty of fluids regularly- water or diluted sugar-free squash, infused water or lower fat milks are good choices. Limit caffeine and alcohol.
- Ice lollies and water-rich foods may be alternatives for individuals who do not drink much fluid (fruit such as melon, jelly, ice cream, yoghurts).
- Support those who are unable to drink unaided
- Plan to adapt menus to cold meals (preferably with a high-water content, such as fruit and salads) in consultation with those you care for.
- Hydration Champion / stations



Protect Those you Care for From the Sun

Sun Safety

- stay inside or in the shade between 11am and 3pm when the sun is strongest.

If going outdoors:

- wear a wide-brimmed hat, sunglasses and apply sunscreen SPF 30+
- wear lightweight, loose-fitting, light-coloured clothes, such as a long-sleeved shirt, trousers, or long skirts in close-weave fabrics.

Sunscreen and sun safety - NHS



Staff Health and Well Being during Hot Weather

Staff can also be at risk during high temperatures

- Encourage and enable staff to carry water and stay hydrated, keep cool and take regular breaks.
- Ensure staff are aware of the high-risk factors that might affect them, and to report concerns about their own health promptly.

Consult [Temperature in the workplace: Is it too cold or hot to work?](#)
– [HSE](#) guidance

[Community Spaces | Hertfordshire County Council.](#)

[Personal protective equipment and heat: risk of heat stress - GOV.UK](#)

**Staff
Wellbeing**





Resources

[Supporting vulnerable people before and during hot weather: social care managers - GOV.UK](#)

[Heat-Health Alerting system: guidance for health and social care providers - GOV.UK](#)

[Adverse Weather and Health Plan - GOV.UK](#)

[Heat exhaustion and heatstroke – NHS](#)

[Sunscreen and sun safety – NHS](#)

[Beat the heat: hot weather advice - GOV.UK](#)

[Beat the heat: staying safe in hot weather - GOV.UK](#)



Resources

[WeatherReady - Met Office](#)

[Beat the heat: keep cool at home checklist - GOV.UK](#)

[Heat-Health Alerting system: guidance for health and social care providers - GOV.UK](#)

[Heat-Health Alert summary action card for care homes](#)

[Heat summary action card - home care](#)

[Personal protective equipment and heat: risk of heat stress - GOV.UK](#)



Hertfordshire

THE HCPA CARE PROVIDER HUB PROVIDING PEACE OF MIND.....



ASK us anything! We are your support service, here to answer your questions on all topics Adult Social Care related.

- Access a cool space – staff welcome - Community Spaces | Hertfordshire County Council.
- Turn off central heating timers
- Comms to families to remind them of heat challenges and actions taken / required.
- HCPA Provider Hub “Ask us anything” and support webpages www.hcpa.info/seasonal-support



Your hub, your support service.....

01707 708108 / assistance@hcpa.co.uk (Mon to Fri - 9am to 5pm). www.hcpa.info/hub

HCPA: 'Sharing best practice in care through partnership'

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