

Heat Health Action List



Providers should work through this action list and consider risks across all the settings in which they provide care and support.

It is IMPORTANT that this information is cascaded to ALL STAFF and does not stop with management. Please ensure this message is shared via staff communication systems, is visible on notice boards in residential settings, and reaches all agency staff supporting people in their own homes.

1. Ensure hydration at all times

- Drinks available, within reach, and regularly offered.

2. Watch for dehydration

- Signs: thirst, dry mouth, dark urine, dizziness, confusion, reduced urine output.

3. Check room temperatures and ventilation

- Monitor regularly; increase airflow, use shading, keep environments cool.
- Be aware indoor temperatures may exceed safe thresholds for clinical risk.

4. Turn off heating systems

- Disable all timers (including overnight).
- Inform families where relevant.

5. Watch for heat exhaustion

- Signs: headache, dizziness, nausea, sweating, weakness, fast pulse, confusion.

6. Ensure safe medication storage

- Keep within required temperature limits.

7. Maintain a safe environment

- Do not overload power sockets (e.g. fans).
- Reduce excess heat sources.
- Be aware of overheating risks in indoor environments, particularly for vulnerable people living independently in community and care settings.

8. Support staff wellbeing

- Provide water, cooling measures, and regular breaks.
- Recognise that heat may impact workforce ability to safely deliver care.

9. Review Business Continuity Plans (BCP)

- Ensure plans reflect heat-related risks and potential service pressures. If you require support visit here.

For any questions or further support please contact the Provider Hub via assistance@hcpa.co.uk or call 01707 708108 (Mon to Fri – 9am to 5pm)