

# BEAT THE HEAT!!



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Keeping cool in hot weather is very important for health. In previous hot weather in the UK and Europe, people in residential and nursing homes were at particularly high risk of illness and death. Be aware of plans at your place of work for responding to high temperatures, including actions you may need to take to keep residents safe.

## Beat the heat -care home residents

The scorching summer heat is hard on our bodies, our moods, and our electric bills. Don't let the temperature get you down, though. These tips will help you keep cool even if it feels like the sun is out to get you.

## Beat the heat -Top tips

## Beat the heat -staying safe in the hot weather (leaflet)