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Extreme Hot Weather: Advice for those organising large public events

- Large scale public events such as festivals, sports events and national celebrations are held up and down the country every summer. Local agencies are generally well equipped to plan and deal with such events. However, the effects of excessive heat and sun exposure are sometimes not highlighted enough.
- Large public events increase exposure to heat and direct sunlight.
- Individual behaviours often change (for example, people may be reluctant to use toilet facilities due to long queues and so purposely reduce fluid intake). At large events, people get into a good position to see the event and then reduce fluid intake and heat avoidance behaviours so as not to lose their spot. This can lead to heat-related illness, dehydration and/or collapse.

If there is increased exposure to heat...

- ✓ Provide temporary shaded areas at event locations (umbrellas, tents)
- ✓ Reduce the need to queue (efficient check in, additional staffing, or staggered ticket entry)
- ✓ Make available a map of local public air-conditioned spaces where people can have respite from the heat (consider extending opening hours of these venues)
- ✓ Divert strenuous activities for cooler days or cooler periods of the day and provide an alternative, less strenuous program for hot days

Inform your audience of the dangers

- ✓ Prepare advice for tourists and distribute around hotels, money exchanges and transport hubs
- ✓ Produce and distribute heat-health advice printed onto free fans or caps (can be used to fan/protect against sun whilst containing information on protecting against and recognising heat-related illnesses, and provide emergency phone number in case of illness)
- ✓ Inform your audience and/or your members about the health risks and possible preventive measures through digital screens/speakers/announcements

If there is reduced access to water...

- ✓ Distribute water bottles or temporary water dispensers
- ✓ Ensure an adequate supply of drinking water. On hot days it is advisable to provide free drinking water

If there is a severe heat emergency...

- ✓ Consider moving date, location or cancel event in extreme heat alert
- ✓ Ensure immediate relief for people in emergency and provide transport to first aid/health unit

Be aware of medical needs

- ✓ Remember that people with asthma, heart disease and/or other additional chronic conditions are additionally health sensitive to ozone and/or heat
- ✓ Keep in mind that alcohol and some (prescription) drugs can worsen effect of heat
- ✓ Ensure adequately trained personnel who notify authorities as soon as there are incidences of heat illness observed

Food needs

- ✓ Provide water-rich foods such as salads, yogurt and ensure that food is kept cool to prevent contamination