

2025 - 2028 Heatwave Plan



Yarriambiack
SHIRE COUNCIL

Table of Contents

| | |
|--|----|
| Executive summary..... | 3 |
| Policy context | 4 |
| What is a heatwave? | 5 |
| <i>Heatwaves and the Yarriambiack Shire</i> | 5 |
| <i>Heat health alert</i> | 6 |
| Heatwaves and health | 8 |
| People most at risk to heatwaves..... | 9 |
| Heatwave Mitigation | 10 |
| <i>Heatwave guidance for employees</i> | 10 |
| <i>Cooling Centres</i> | 11 |
| <i>Vulnerable Person Monitoring</i> | 11 |
| Partners | 11 |
| What we are going to do | 12 |
| <i>Our action plan</i> | 12 |
| <i>What we will do in Phase 1</i> | 13 |
| What key stakeholders can do in Phase 1..... | 13 |
| <i>What we will do in Phase 2</i> | 14 |
| What key stakeholders can do in Phase 2..... | 14 |
| <i>What we will do in Phase 3</i> | 15 |
| What key stakeholders can do in Phase 3..... | 15 |
| <i>What we will do in Phase 4</i> | 16 |
| What key stakeholders can do in Phase 4..... | 16 |
| Appendix 1: Heat health alert distribution list..... | 17 |
| Appendix 2: Tips for staying cool at home..... | 20 |
| Appendix 3: Heat Health Tips | 21 |
| Appendix 4: Designated Cooler Places..... | 22 |

Executive summary

Heatwaves have been experienced in the past and are forecast to increase in frequency and intensity in the future. Evidence shows that heatwaves cause death and can aggravate existing health conditions. Those most at risk are vulnerable population groups including the elderly, babies and children and those with pre-existing medical conditions.

Adverse health effects of hot weather and heatwaves are largely preventable. The *Heatwave Plan* aims to form partnerships with other levels of government and local agencies to increase the resilience of the community and to ensure that solid plans are in place to respond to heatwaves in the future.

The aim of this plan is to:

- Assist in reducing illness and death caused by heatwave events in the community; and
- Provide support and recovery assistance throughout the duration of a heatwave.

The objectives of the plan include:

1. Explain heatwave preparedness/awareness and its links to state and regional plans;
2. Outlines strategic/mitigation action to minimise the adverse effects of extreme heat related events to members of the community most at risk, according to state and health agency definitions.
3. Outline communication plans before, during and after an extreme heat event.

The Yarriambiack Shire Council Health Wave Plan will achieve it's objectives though:

- Empowerment – empowering the community to prepare for and respond to extreme heat;
- Partnerships – develop partnerships to promote an informed and collective approach to preparing for and responding to extreme heat;
- Coordination – ensuring the impacts of extreme heat are considered and responded to as part of a coordinated approach.

Policy context

The *Heatwave Plan* has been written to:

- Be consistent with legislation, departmental guidelines and other Council planning frameworks relevant to heatwaves. These include:
 - State Emergency Management Plan (SEMP) Extreme Heat Sub Plan 2022;
 - *Public Health and Wellbeing Act 2008*;
 - *Emergency Management Act 2013*;
 - *Emergency Management Act 1986*;
 - *Climate Change Act 2010*;
 - *Planning and Environment Act 1987*; and
 - *Local Government Act 1989*.
- Outline health and community actions and response arrangements to heatwave alert;
- Identify vulnerable persons within the Yarriambiack community;
- Propose a clear communication strategy to initiate alert, response and recovery phases of the plan;
- Describe key stakeholder roles and recommend stakeholder actions; and
- Promote a community awareness and education component.

The *Yarriambiack Shire Heatwave Plan* is an important part of a suite of Council publications that provide consistent community-wide messages around how to stay healthy.

This plan informs existing frameworks by outlining a coordinated, municipal wide approach to better understanding the health impacts of heatwaves. The plan is a complementary plan to the *Yarriambiack Shire Municipal Emergency Management Plan 2022 – 2025*.

- [yarriambiack-shire-memp-2022-2025-version-3.0-public-copy.pdf](#)

What is a heatwave?

There is no single nationally or internationally accepted definition of a heatwave. Factors such as humidity, demographics, urban and rural design, and acclimatisation mean that similar temperatures might vary in impact in different environments or on different communities. Heatwaves are typically described as a minimum temperature over a prescribed duration that is likely to impact on the health of the community.

Heatwaves and the Yarriambiack Shire

The Yarriambiack Shire covers a 7,158 square kilometre area in the Wimmera Mallee district of Victoria. The Shire has an estimated population according to ABS data in 2021 of 6,556 people. A number which continues to slowly decrease, similar to other rural and remote areas of Australia. The Yarriambiack Shire is also an ageing population with 29.2% over 65 years of age, compared to the state figures of 16.8%. The region is the heartland of grain production and handling. One quarter of Victoria's total production of wheat and barley is produced locally.

People in the Yarriambiack Shire are generally accustomed to living in hot weather and are known to be resilient in hot conditions. For this reason, many of us can become complacent about extreme heat events and don't believe we could be susceptible to heat-related health impacts.

The events of the January 2009 heatwave in Victoria resulted in an estimated 374 excess deaths compared with the average rate in the same week over the previous five years and serves as a reminder that the impact of heatwaves on human health is real and life threatening¹. Our region is projected to experience temperature increases over this century, with daily maximum temperatures expected to rise between 0.9°C and 1.8°C².

Research tells us that climate change is anticipated to increase the frequency and intensity of heatwaves in our area. During the last decade, average daily maximum temperatures in our region have been recorded as 0.6°C warmer than the 30-year (1961 to 1990) average³. The future climate of our area is expected to be hotter and drier than it is today. By 2030, average annual temperatures will be around 0.8°C warmer and the number of hot days (days over 30°C) will continue to increase. Extreme weather events are predicted to become more frequent and severe in the years to come.

Yarriambiack Shire's landscape and climate make it vulnerable to drought, bushfire and heatwave conditions. Drought has been a constant feature of the climate conditions in recent years. Extended dry hot periods have seen natural waterways reduced and communities and industry adapt to the conditions. High temperatures in the Wimmera Mallee typically correspond to low humidity values because the prevailing winds originate from the dry inland parts of the country.

Very hot days are usually associated with hazardous fire weather conditions in the region. The fire threat is increased when thunderstorms develop causing lightning that provides the ignition for storms. This is particularly the case when thunderstorms cause little or no rain, as is sometimes the case in our municipality.

1. Victorian Office of the Chief Health Officer (2009). Office of the Chief Health Officer Report

2. Department of Environment, Land, Water & Planning (2019). Wimmera Southern Mallee Climate Projections

3. Victorian Government of Sustainability and Environment (2008). Climate Change in Wimmera/Mallee

Heat health alert

The Department of Health (DH) has developed a state-wide Heat Health Alert System to notify councils, hospitals, and health and community service providers of forecast heatwave conditions which are likely to affect human health. Research tells us that when our area, north of the netting fence in the Mallee District, reaches a heat health temperature threshold of 34°C or above, heat-related illness and mortality increases substantially. When the threshold reaches 32°C or above, south of the netting fence in the Wimmera District, a similar alert will be given. Our Shire is the only municipality in Victoria with two different heat health thresholds.

These thresholds are calculated by the Bureau of Meteorology (BoM). They determine the daily average temperature: the average of the forecast daily maximum temperature and the forecast overnight temperature (which is the daily minimum for the following day).



Figure 2: Calculating Heat Health Alert thresholds

When forecast average temperatures are predicted to reach or exceed the heat health temperature thresholds for the two areas within the Yarriambiack Shire, the department will issue a heat health alert to designated contacts (see Appendix 1), including our Council primary contacts. Individuals can subscribe to Heat Health Alerts using the following link health.vic.gov.au/subscribe.

Efficient response to heat health alerts is dependent upon the Yarriambiack Shire informing all key stakeholders of their responsibilities to enact their own heatwave actions via email and social media. An activation plan will be followed to ensure this process is carried out smoothly and effectively (see Figure 3).

Yarriambiack Shire Council Activation Plan

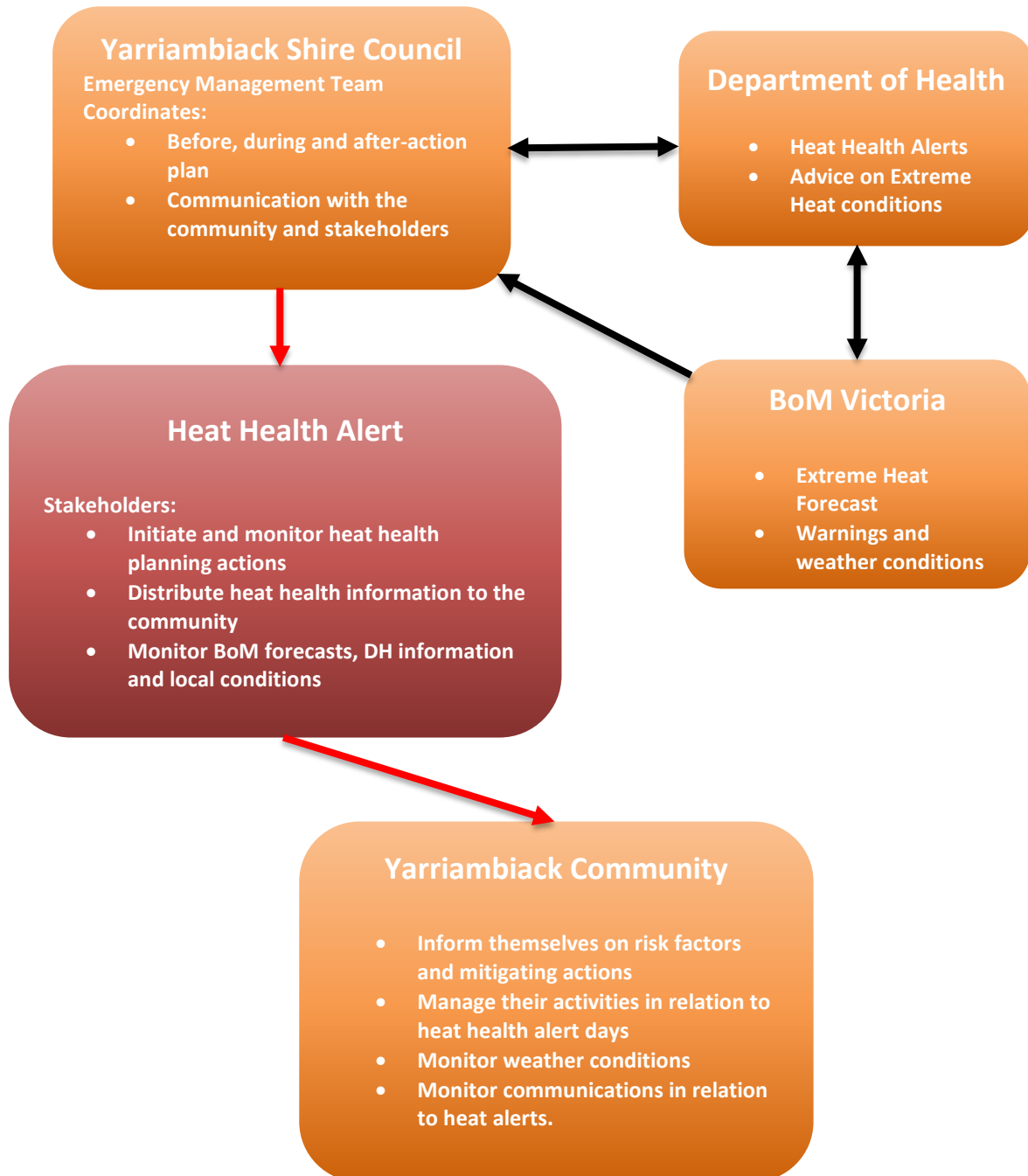


Figure 3: Heat Health Alert Activation Plan

Heatwaves and health

As temperatures rise, so does the risk of contracting a heat related illness, a medical condition that results from the body's inability to cope with heat and cool itself. If left untreated, a heat illness can lead to serious complications, even death. In fact, heat kills more people than tornadoes, hurricanes, lightning and flash floods – combined.

Heat-related illness can range from mild conditions, such as a rash or cramps, to very serious conditions, such as heat stroke, which can be fatal. Heatwaves can also exacerbate existing medical conditions including heart and kidney disease. Heat-related illness can make people feel uncomfortable, not so much because they feel hot, but rather because they sense how difficult it has become to lose body heat at the rate necessary to keep their inner body temperature close to 37°C. The body responds to this stress progressively through three phases.

1. Heat cramps - muscular pains and spasms caused by heavy exertion. Although heat cramps are the least severe Phase they are an early signal that the body is having trouble with the heat.
2. Heat exhaustion - typically occurs when people exercise heavily or works in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing a decrease of flow to the vital organs. This results in mild shock with symptoms of cold, clammy and pale skin, together with fainting and vomiting. If not treated the victim may suffer heat stroke.
3. Heat stroke - is life threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature may exceed 40.6°C potentially causing brain damage and death if the body is not cooled quickly.

High temperatures can also be linked to increased hospital admissions relating to heat stress, dehydration, or as a result of heat exacerbating existing conditions; increased rates of certain crimes particularly those related to aggressive behaviour such as homicide; increased number of work-related accidents and reduced work productivity; and decreased sporting performance.

To help prevent the onset of a heat related illness, people in the Yarriambiack Shire are advised to follow the **four key health messages** promoted by DH Keep cool

- Drink plenty of water
- Stay out of the sun
- Look after yourself and others.

General care for heat emergencies includes cooling the body, giving fluids and minimising shock. Prevention is the best way to manage heat related illness.



People most at risk to heatwaves

Heatwaves can affect anybody, including the young and healthy; however, there are certain population groups that are more at risk than others. These include the elderly, infants and young children, people with a disability, people with a pre-existing medical condition and people who are socially and economically disadvantaged. Other groups at risk to heat include people who are overweight, people who overexert during work or exercise and people confined to bed and unable to care for themselves.

While the Yarriambiack Shire Council Heatwave Plan plans for a whole-of-community response, it particularly focuses upon the following groups:

- **The elderly: People over 65 years of age**

Most studies have found that heat-related mortality is highest in those over 65 years of age. In Victoria's January 2009 heatwave, reportable deaths for those 65 years and older more than doubled³. Yarriambiack Shire's population, like most parts of Australia, is ageing. This ageing trend is projected to continue, but at a higher rate as the baby boomers enter old age. Activities which improve the care of the elderly will improve their ability to cope with heatwaves. This includes regular monitoring, ensuring proper clothing, a cool environment, appropriate diet and adequate intake of fluids.

- **Infants: Children aged 0 to 4 years**

Young children are also sensitive to the effects of high temperatures because they produce more metabolic heat than adults and rely on others to regulate their environments and provide adequate liquids. Their core temperature can rise quickly causing dehydration. Our Maternal and Child Health nurses will provide education to families on how to care for young children in hot weather.

- **Tourists and residents of caravan parks**

Tourists can be more prone to the effects of heatwaves, particularly if they are visiting from cooler regions and are not acclimatised to the hot dry heat that rural Victoria can experience during the summer months. Nevertheless, it is assumed that most tourists in their own vans visiting the area over the summer period would have air conditioning and be prepared for hot weather.

Caravan park residents (temporary or permanent) are more vulnerable to the effects of heatwave events, particularly vans without air conditioning when daytime and night time temperatures remain high, or there is a power outage. Education around heatwaves will target tourist destinations within the Yarriambiack Shire, particularly focused on caravan parks and community events. Caravan park owners and community event organisers will be encouraged to designate and promote areas where patrons can find relief from the heat on hot weather days. These designated areas should be air conditioned and provided with a potable water supply. A fridge where water can be cooled to a drinkable temperature should also be provided.

- **People working in hot environments**

Many occupations require people to work in hot conditions irrespective of the weather. Air temperature, radiant temperature, air velocity, humidity, clothing and activity are recognised as factors that interact to determine heat stress.

4. Victorian Office of the Chief Health Officer 2009. Office of the Chief Health Officer Report

Anyone having to work outside in hot weather without appropriate protection, particularly if it involves heavy physical activity, is at increased risk of suffering health effects from heat. Protective clothing, particularly for workers in the emergency services, may become a dangerous hazard. Employers and employees have Occupational Health and Safety obligations to follow to ensure that the health and wellbeing of staff is a priority.

- **People participating in physical activity**

Exercising in the heat creates competitive demands on the cardiovascular system, which is required to increase the blood supply to exercising muscles. In extreme heat and high humidity, evaporation is slowed and the body must work harder to maintain a normal temperature. Most heat disorders occur because a person has been over-exposed to heat and/or has over-exercised.

Council will encourage sporting clubs to consider introducing policies for heatwave days based on Sports Medicine Australian guidelines. A full copy of the Sports Medicine Australia guidelines is available from the website www.sma.org.au.

- **People with chronic diseases**

Virtually all chronic diseases present a risk of death/illness due to heat and since the elderly are more likely to have a chronic medical condition, this is another reason why they are at increased risk. Those at the greatest risk are people with psychiatric disorders, depression, and diabetes, pulmonary, cardiovascular and cerebrovascular conditions.

Heatwave Mitigation

Heatwave guidance for employees

Council officers receive heat health alerts which are used to provide notification and warnings to employees and Councillors.

Council has in place an Extreme Weather Procedure that provides:

- information to employees on how to prepare for a heat health event,
- guidance to managers and supervisors on what work activities should be cancelled or moderated in a heat health event, and
- guidance to employees on how to prevent heat health stress or injuries, and how to recognise signs of heat stress and what to do if it occurs.

Outdoor workers have plans for activities correlating to outdoor temperatures. Managers and supervisors are educated in heat health alerts and mitigation measures which are reinforced at any time of heat health alert.

Standard OHS measures are in place to protect outdoor workers. For further information about additional measures that apply to outdoor employees, please visit Council's [Occupational Health and Safety and Wellbeing Guideline - Seasonal Heat/Day of Catastrophic Fire Danger](#), available on the Intranet.

Cooling Centres

A cooling centre is a public space which is either air-conditioned or water cooling (swimming pools) that can be used to temporarily provide relief during a heat wave. Council recommends that residents take actions to stay cool at home, such as those listed in Appendix 2. However, for those not able to take respite at home, Cooling centres are a good option and can prevent many heat related risks associated with high daily temperatures.

Community facilities that can function as cooling centres have also been established across the Yarriambiack municipality. At the time of a Heat Health Alert being issued, Council will contact all cooler place contacts to determine availability and opening hours, which will then be communicated to our communities via social and print media. The full list and contact details for our cooler places is listed in Appendix 4.

Vulnerable Person Monitoring

The Vulnerable Persons Register (VPR) is a local list of people who may need consideration in an emergency. The VPR is overseen by Department of Families, Fairness and Housing and Local Government. This register is maintained by agencies that provide personal care, support and case management services to people living in the local community.

When a heatwave occurs, Council will prompt support agencies to make contact with those on the VPR and ensure such vulnerable persons are monitored and assessed for support throughout the duration of the heatwave.

Partners

Council is working alongside Key Partners from within the targeted sector groups in the Yarriambiack community to act as key partners in the future evaluation of the *Heatwave Plan*. We will partner with government, private sector, service provider and community group organisations that represent our vulnerable communities.

These partners include:

- Municipal Emergency Management Committee
- Local health services
- Local preschools, kindergartens, playgroups and schools
- Local sporting bodies
- Caravan park owners
- Event organisers
- Red Cross
- Emergency services
- Department of Veteran Affairs
- Senior Citizens
- Visitor Information Centres
- DH
- Family Day Care
- Motel owners

Each of the key partners has an important role to play in the event of a declared heatwave. Recommendations around what stakeholders can do in times of extreme heat are summarised in the following action plan.

Comprehensive contact details for emergency management agencies and individuals in the Yarriambiack Shire Council Shire are contained in the Yarriambiack Municipal Emergency Management Plan.

What we are going to do

To be better prepared for heatwave conditions this summer, Yarriambiack Shire Council is going to:

- Include heatwave preparation, response and recovery into existing municipal plans;
- Make use of existing community registers;
- Engage in a communication and media campaign using heatwave messages consistent with DH materials; and
- Respond to state activated heat alert system in a planned and considered way.

Our action plan

Our action plan is not just about responding to a pending heatwave; instead, it provides guidance all-year-round as we prepare our community in advance for very hot summers. Our actions then can be divided into four phases.

- Phase 1: Pre summer preparation
- Phase 2: During summer prevention
- Phase 3: Heatwave response
- Phase 4: Heatwave recovery

Each phase is characterised by a set of key actions (see Figure 4).

Figure 4: Summary of heatwave plan actions

| | |
|---|--|
| Phase 1 Pre summer preparation April 1 to November 30 | <ul style="list-style-type: none">• Engage key stakeholders• Identify cool areas• Revisit communication resources and materials |
| Phase 2 During summer December 1 to March 31 | <ul style="list-style-type: none">• Disseminate heat health information• Organise cool areas for possible use• Monitor BoM thresholds |
| Phase 3 Heatwave response Trigger: Department of Health (DH) heat health alert | <ul style="list-style-type: none">• Alert key stakeholders of Heat Health Alert• Enact internal Council heatwave actions• Media alert of key messages and cool area locations• Monitor local conditions |
| Phase 4 Heatwave recovery | <ul style="list-style-type: none">• Review heatwave actions• Modify Yarriambiack Shire Council Heatwave Plan, as required |

What we will do in Phase 1

Phase 1 includes a range of actions to build capacity within Yarriambiack communities leading up to the summer months. It identifies and engages all key stakeholders. This phase is implemented between April 1 and November 30 each year.

| Phase 1 actions | Responsibility | Time frame |
|--|--|------------------|
| Engage key stakeholders. <ul style="list-style-type: none">Advise on Phase 1 actions (see below)Ensure employee awareness of heat health tips. | Municipal Recovery Manager (MRM) | April - November |
| Identify cool areas <ul style="list-style-type: none">Compile lists of cool areas | MRM, Municipal Emergency Management Officer (MEMO) | April - November |
| Revisit communication resources and materials <ul style="list-style-type: none">Review government educational resources on DH and Seniors Online Victoria websitePlan for summer media campaign | MRM | April - November |

What key stakeholders can do in Phase 1

In Phase 1, key stakeholders will be advised by Council to consider:

- Revisiting their actions from the previous summer and evaluate their levels of effectiveness;
- Meeting with other stakeholders to revise and amend key heatwave messages and actions;
- Updating their community registers;
- Collecting general heatwave information from Council;
- Educating any staff of key heatwave messages; and
- Auditing client homes (if appropriate).

What we will do in Phase 2

Phase 2 includes a range of actions to further build resilience amongst Yarriambiack Shire residents during the summer months. It directly involves the actions of most key stakeholders. This phase is implemented between December 1 and March 31 each year.

| Phase 2 actions | Responsibility | Time frame |
|---|-----------------|------------|
| Advise key stakeholders of roles and responsibilities <ul style="list-style-type: none">Advice on Phase 2 actions (see below) | MRM | December |
| Organise cool areas for possible use | MRM | December |
| Monitor heat health thresholds for the Shire | Leadership Team | Summer |
| Disseminate heat health information <ul style="list-style-type: none">General media releasePlace information brochures in Council Offices and spaces | MRM | December |

What key stakeholders can do in Phase 2

In Phase 2, key stakeholders will be advised by Council to consider:

- Distributing heatwave information to clients;
- Identifying cool areas, both Council and their own spaces;
- Keeping in regular contact with vulnerable clients;
- Modifying client programs; and
- Providing staff with access to extra water and cool clothing.

What we will do in Phase 3

Phase 3 is triggered when imminent heatwave temperatures are predicted by BoM for the Yarriambiack Shire. Council will know to move to this phase when notification is received from the Department of Health (DH). The Manager Community Health and the EHO will receive an email Heat Health Alert when forecasted temperatures are expected to exceed threshold levels. It will then be up to Council to continue to monitor forecast temperatures and notify the relevant stakeholders to activate specific actions in Phase 3 of this *Heatwave Plan*.

| Phase 3 actions | Responsibility | Time frame |
|--|----------------|---------------------------------|
| Alert key stakeholders of Heat Health Alert <ul style="list-style-type: none">Send generic DH Alert to all listed stakeholders | MRM | Activation of Heat Health Alert |
| Enact internal Council heatwave actions <ul style="list-style-type: none">Send generic heat wave message to managers as per OHS policy and heat health key points (Appendix 3) | OHS Officer | Activation of Heat Health Alert |
| Media alert of key heat health messages and cool area locations/messages | MRM | Activation of Heat Health Alert |
| Notify the CEO | MRM | Activation of Heat Health Alert |
| Monitor local conditions <ul style="list-style-type: none">Reassess any outdoor run eventsAlter staff schedulingRevisit pool opening and closing times | MEMO, MRM | During heatwave |

Aspects of the *Municipal Emergency Management Plan* would be activated by Yarriambiack Shire Council in response to declared emergencies resulting from heatwave conditions. In this case, the MEMO or MRM could assume command.

What key stakeholders can do in Phase 3

Prompt action by stakeholders during Phase 3 will ensure the impacts of heat on the elderly, very young, tourists and Council staff is kept to a minimum. Key stakeholders will be advised by Council to consider:

- Enacting their phone trees;
- Prioritising tasks especially for those involving physical exertion;
- Assessing risk for clients and staff;
- Rescheduling staff work times and hours;
- Providing additional fluids and cool places to rest for clients and staff;
- Modifying client programs;
- Transporting clients in cooler parts of the day; and
- Altering children's outdoor activities and play times.

What we will do in Phase 4

Phase 4 ensures our *Heatwave Plan* remains relevant and meets the changing needs of our community. Council will review heatwave actions in this phase after each heatwave event or at the end of summer and use any amendments to inform an updated *Heatwave Plan* every four years. This will be carried out in conjunction with the *Municipal Emergency Management Plan* review cycle. The review process will take into account changes at state, regional and local levels. All relevant stakeholders will actively participate in the evaluation. The following questions will be addressed.

- Were the actions in Phase 3 appropriate and timely?
- What worked?
- What didn't work?
- Was information communicated effectively to stakeholders?
- Was information communicated effectively to the general community?
- What could we do differently next summer?

| Phase 4 actions | Responsibility | Time frame |
|--|----------------|------------------|
| Review current <i>Heatwave Plan</i> <ul style="list-style-type: none">• Engage internal stakeholders in planned review• Follow up on clients as to how they went during last summer | MRM | April – Annually |
| Modify <i>Yarriambiack Shire Council Heatwave Plan</i> according to recommendations | MRM | Post summer |

What key stakeholders can do in Phase 4

In Phase 4, key stakeholders will be advised by Council to consider:

- Participating in Council's evaluation of the *Yarriambiack Shire Council Heatwave Plan*;
- Reviewing their own actions during prolonged periods of hot weather; and
- Making recommendations to modify their own plans.

Appendix 1: Heat health alert distribution list.

Local government authorities: Designated contacts (minimum 2 per council)

Minister's office:

- Minister for Health
- Minister for Housing
- Minister for Disability, Ageing and Carers
- Minister for Education
- Minister for Mental Health

DFFS– Head office

- DH Secretary
- Executive Directors
- Directors
- Executive Officers

DFFS – Regional

- REOC
- Regional Director
 - EM Coordinator/Manager
 - Corporate Service Managers
- Director – Health & Aged Care
 - Public Health Manager
 - Regional Environmental Health Officer (REHO)

DFFS – Head office

- DHS Secretary
- Executive Directors
- Directors
- Executive Officers

DFFS – Program areas

- WICA
 - Aged Care
 - Health Protection and Chief Health Officer
 - Prevention and Population Health
 - Integrated Care
- Strategy, Policy & Finance
 - Business Planning & Communications – Media Unit
 - Health Regulation and Reform – Private Hospitals Unit
- Mental Health, Drugs & Regions
 - Operations
- Hospital & Health Services
 - Performance, Acute Programs & Rural Health
 - Quality, Safety & Patient Experience (VHEC)

SECONDARY DISTRIBUTION

- Metropolitan health services
- Rural health services
- Private hospitals
- Stakeholders
 - Adult Retrieval Victoria
 - Field Emergency Medicine Officers
 - Nurse-On-Call
 - Ambulance EOC
 - ARC Blood Service
- Aged care sector
 - PSRACS
 - DVA
 - DOHA

DDFS – Program areas

- Disability Services
- Service Delivery and Performance
 - Emergency Management Branch
- Housing & Community Building

Emergency services

- Country Fire Authority
- Metropolitan Fire Brigade
- State Emergency Services
- Victoria Police

Commonwealth departments

- Department of Health and Ageing (DoHA)

State government departments/programs

- Department of Premier and Cabinet
- Department of Education and Training
- Department of Justice and Safety
 - Emergency Management Victoria
- Department of Environment and Land, Water, Planning
- Department of Transport
- Department of Jobs, Precincts and Regions
- Department of Health and Human Services

Government agencies

- Ambulance Victoria
- Bureau of Meteorology
- Centrelink
- Coroners Court

Statewide or major metropolitan service providers

- Baptcare
- Brotherhood of St Laurence, Integrated Community Care
- Life Saving Victoria
- Melbourne Medical Deputising Service
- Multiple Sclerosis Australia (Victoria)
- NURSE-ON-CALL provider (Medibank Private)
- Personal Alert Victoria
- Royal District Nursing Service (RDNS)
- Red Cross (regional and EOC)

Peak or advocacy bodies

- Aged and Community Care Australia
- Aged Care Standards and Accreditation Agency
- Alzheimer's Australia Vic (AAV)
- Aquatics and Recreation Victoria
- Australian Psychological Society
- Carer's Victoria Inc.
- Disability Emergency Management Advocacy
- Ethnic Communities Council of Victoria (ECCV)
- General Practice Victoria
- KidSafe Victoria
- Municipal Association of Victoria
- Pharmacy Guild of Australia
- Pharmaceutical Society of Australia
- Seniors Information Victoria (COTA)
- Victorian Eyecare Service

Appendix 2: Tips for staying cool at home

The most comfortable place to stay cool in a heatwave is most often your home. For those taking shelter from the heat of the day at their homes, take the following actions:

1. You don't need to cool your whole home during high heat. If you have access to an aircon or fan, you can use them in the rooms you spend the most time in.
2. Keep the windows closed and covered to reduce the heat from sunlight.
If the temperature drops at night, consider leaving your windows open to let cool air in.
3. Reduce the use of your oven during a heatwave, as they can heat up your home.
4. Keep yourself cool by using wet towels on your neck, putting your feet in cold water, and taking cool showers.

If your property is too hot to comfortably reside in, seek shelter at a friend or family members home or as a last resort, at a designated cooler place.

Appendix 3: Heat Health Tips

The key messages to promote are:

1. Keep the home cool (retrofit, close out the heat/open when cooler, utilise the coolest rooms, turn off non-essentials).
2. Keep out of the heat (if you must go outside, go early or late in the day, change schedules if needed, move to a cooler place if required e.g., other people's homes, cooler public spaces).
3. Keep the body cool and hydrated (light loose clothes, damp cloth or shower, spray water, drink plenty of water).
4. Help others if you can (visit or call vulnerable friends and family, volunteer to be the person on a care plan).
5. Know what to do if you have a health problem (know danger signs, medication care, what to do in an emergency); and
6. Know what to do when others feel unwell (know the danger signs, medication care, what to do in an emergency).
7. Understand heat events can affect power delivery and transport options.
Plan ahead

The Department of Health also has resources and files containing heat health information for individuals to take care of themselves and look out for family, friends and neighbours who may need help coping with the heat. These resources are available from the following websites:

[Extreme heat and heatwaves \(health.vic.gov.au\)](http://health.vic.gov.au)

[Extreme heat - Better Health Channel](#)

Appendix 4: Designated Cooler Places

The following list of cooler places may activated and promoted to the community following:

1. The release of a Heat Health Alert from the Department of Health; and
2. After each venue contact listed below confirms availability of the facility to act as a cooler place.

| Building | Location | Contact Details |
|---|---------------------------|--|
| Rupanyup Library | 59 Cromie St, Rupanyup | Sarah Collins Ph. 5398 0100 |
| Minyip Library | 78 Main St, Minyip | Ray White Ph. 0419 318 513 Chris Neiwand Ph. 0427 857 385 |
| Murtoa & District Neighbourhood House | 36 McDonald St, Murtoa | Gill Elliot Ph. 0427 823 512 |
| Warracknabeal Library | 36 Lyle St, Warracknabeal | Sarah Collins Ph. 5398 0100 |
| Hopetoun Swimming Pool | 77 Evelyn St, Hopetoun | Lisa Magee Ph. 0428 833 512 |
| Hopetoun & District Neighbourhood House | 75 Lascelles St, Hopetoun | Erin Ph. 5083 3408 |