

Heatwave Protocol 2026

- Make sure all residents have updated Risk Assessments and care plan and consideration is given to the impact of hot weather i.e. does heat and body temperature impact on specific health conditions and if so how can risks be mitigated
- Everyone knows the high risk clients – how their care needs will change – bearing in mind not everyone is aware of the effects of heat and we need to ensure that routines are changed to ensure everyone is kept safe and as cool as possible. Consider where appropriate MCA and BIA assessments may be required and seek support if necessary to ensure correct protocols are followed
- Ensure that rooms are kept as cool as possible. Keep curtains pulled from early morning to protect from direct sunlight and consider if the use of fans and air conditioning units are required – if so ensure they are positioned and checked appropriately
- Twice daily checks on room thermometers to ensure that rooms are kept as cool as possible – where temperatures are in the ‘red’ zone ensure appropriate action is taken and make sure daily recordings reflect actions taken
- Remember that age-related changes include a reduced feeling of thirst and that this may be more pronounced in those with Alzheimer’s or those who have suffered a stroke
- Frequent refreshments are offered and recorded for those who do not have capacity to understand they need extra refreshments during a heatwave – consider the use of fluid charts if required and ensure where residents have conditions that require fluids to be restricted that professional advice is taken to ensure people are kept hydrated safely
- Encourage clients to wear light loose clothing and that bedding is appropriate and avoid the use of heavy duvets, quilts and blankets
- Give cold drinks and ice creams and high water content foods to help keep everyone cool.
- If taking clients out in the gardens ensure that there is plenty of shade for everyone. Ensure that clients have sun hats and sun cream on.
- Consider if regular daytime and night time observations need to be in place or increased due to the effects of hot weather and the risks it presents i.e. people that have specific health conditions that may make them particularly vulnerable to the effects of hot weather
- Update your Heatwave Plan, policies and procedures.
- Please see the latest advice from the Government

<https://www.gov.uk/government/collections/hot-weather-and-health-guidance-and-advice>