HEAT PREPAREDNESS

Is Your Residential Care Facility Prepared for the Summer Heat?

Summer 2025

In the summers of 2021 to 2024, Environment Canada issued multiple heat warnings throughout the province of British Columbia causing serious health and safety risks within our communities.

For summer 2025, more warm weather is expected.

Community Care Facilities Licensing is committed to ensure Licensees are proactive and prepared for the upcoming summer heat.

Signs & Symptoms

HEAT EXHAUSTION & HEAT STROKE

Heat Exhaustion

- 37 C to 40 C (98.6 F to 104 F)
- Headache, Fatigue, Dizziness
- Muscle Cramps
- Nausea
- Pale, Moist Skin
- Weak Pulse

Heat Stroke

- 40 C (104 F) and above
- Confusion, Unconsciousness
- Seizures
- vomiting
- Warn, Dry Skin
- Fast & Strong Pulse
- Rapid Heart Rate

Coma & Death Possible

First Aid Guide

- Move to a cool place and rest
- Remove excess clothing
- Fan skin
- Place cool cloths on skin
- Drink cool water if fully conscious

First Aid Guide

- Call local emergency number
- Move to a cool place and rest
- Remove excess clothing
- Drench skin with cool water
- Place ice bags on the armpits

RESOURCES

Click on title to view links!

- Extreme Heat Preparedness Guide: Government of BC
- Heat-Related Illness HealthLinkBC
- Heat Safety Island Health
- Health Facilities Preparation for Extreme Heat: Recommendations for Retirement and Care Facility Managers: Government of Canada
- Wildfire Smoke BCCDC

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island health



Summer Heat Considerations



It is important to have a plan in place at your facility to ensure your site is prepared to respond to heat emergencies. Please see below for some important points to consider as you develop your preparedness plan.



Create a Heat Preparedness Policy for your facility



Drink plenty of water and ensure access to water



Create shade and cooling stations outdoors



Increase frequency of rest and water breaks



Ensure staff are trained and knowledgeable on facility policies and able to identify and respond to heat emergencies for persons in care



Have cool refreshments available such as popsicles, fruit and veggies with higher water content



Ensure air-conditioners and HVAC systems are regularly maintained and working



Plan physical activities for cooler parts of the day



Wear sunscreen, hats, and light, loose fitted clothing



Create cooling stations inside



Close blinds and shutters to block direct sun



Never stay in a parked car on a hot day