



time to hydrate

Heat Preparedness

Is Your Residential Care Facility Prepared for the Summer Heat?

In the summer of 2021 and 2022, Environment Canada issued multiple heat warnings throughout the province of British Columbia causing serious health and safety risks within our communities.

The months of May and June in 2023 brought unseasonably warm temperatures across the Island Health region with temperatures reaching close to 30 degrees Celsius.

For summer 2024, more warm weather is expected.

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

KEEPING
YOU
COOL

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
- Warm, 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! ⬅

BC Heat Impacts Prediction System (BCHIPS): BCCDC

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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What is your plan?

Preparing for 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 fans, 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