**Hot and Cold Weather are Equally Dangerous**

**Hot Weather Protocol**

First Person in: Open windows/doors and draw the curtains/pull the shades down/ minimise lights on and electrical items on (they generate heat).

Put wet flannels in the freezer/fridge

Put fans on

Make some ice cubes in the freezer

Drinks in the fridge

Erect shade in the garden

Order some more lollies and cold drinks

Every member should be covered in high factor sun cream before going out; have a hat and be mostly covered with loose fitting clothes. Avoid the middle of the day when the sun is hottest. Seek shade.

Think about substituting hot food for cold

Don’t go out unless necessary. If you are going out share your plans with the management team.

Use the larger rooms if possible

Get our members out of their chairs as much as possible

Remove member’s shoes and socks

If it does not cause any health and safety issues remove slings

Have a spare pair of cool clothes.

If a member becomes too hot or is distressed due to the heat, move to a room that is cooler and/ has a draft or has air con

 When water evaporates from the skin it removes heat so use wet flannels.

**Cold Weather Protocol**

First Person in put on extra heat sources and turn up heating

Keep doors shut

Grit the car park area

Mop up any water in the reception area and check frequently

Put the kettle on

Don’t go out unless necessary. If you are going out share your plans with the management team.

Use the smaller rooms if possible

Have a supply of blankets

Have a spare pair of warm clothes/hats gloves and scarves

Use pre-prepared food in the freezer

Consider use of hot water bottles and space blankets

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