



# Wellbeing Resources

The Disabled Police Association

## Beat The Heat Checklist

### 'Keep Cool At Home Checklist'



Homes can sometimes overheat during warmer weather, and occasionally in cooler months also. Even during a relative cool summer 1 in 5 homes are likely to overheat. For many people this makes life uncomfortable and sleeping difficult. Some people are particularly

vulnerable to heat and for them a hot home can worsen existing health conditions or even kill.

This check list has been designed to see if your home may be at risk of overheating and if occupants may be at risk of ill health from overheating. The more factors that are present, the greater the risk is likely to be. Then we will look at ways in which to reduce the risk of overheating and where to get help.

#### Types Of Homes That Are More Prone To Overheating

Flats on the top floor	
Flats with opening windows on just one side	
Little shading (external or internal)	
Large unshaded east, west or south facing windows	
Located in a densely built up urban area with little green space nearby	
Modern very airtight, highly insulated or energy efficient	
Poorly insulated heating or hot water systems	
Restricted opening of windows	

#### Is There Anyone Living Here Who May Be At A Higher Risk Of Ill Health From Overheating?

Older, especially over 75 years of age	
Children, especially under 4 years of age	
Live alone and/or socially isolated	
Long term health condition – particularly heart and breathing problems	

On multiple medications	
Reduced mobility and/or ability to look after themselves	
Difficulty adapting their behaviour in warmer weather eg. due to dementia or alcohol misuse	
At home during the hottest part of the day i.e agile workers	

#### What You Could Do Now, Before Hot Weather



☺ Shade or cover windows exposed to direct sunlight. External shutters or shades are very effective, internal blinds or curtains are less effective but cheaper and easier to install

- ☺ Check that the central heating system has been turned off
- ☺ If applicable, check mechanical ventilation systems are switched on and operating in summer mode
- ☺ Grow plants inside and outside to provide shade and help cool the air
- ☺ Check that fridges, freezers and fans are working properly
- ☺ Check medicines can be stored according to the instructions on the package
- ☺ Find out if you are eligible for a home hazard assessment
- ☺ If insulating or refurbishing your home, ask for advice about reducing overheating
- ☺ Consider overheating risk if buying, or renting particularly for older people

#### Take Action In Hot Weather

- ☺ Shade or cover windows exposed to direct sunlight. External shutters or shades are very effective, internal blinds or curtains are less effective but cheaper and easier to install.
- ☺ Take a break from the heat by moving to a cooler part of the house (especially for sleeping)

- ☺ Remember that it may be cooler outside in the shade or in a public building (such as place of worship, local libraries), consider a visit as a way of cooling down
- ☺ Open windows (when safe to do so) when the air feels cooler outside than inside, for example at night. Try to get air flowing through the room
- ☺ Check the central heating is turned off
- ☺ Turn off lights, and electrical equipment that isn't in use

### Where to Get Help

The most appropriate advice and support depend on the type of home (owner occupied, private rental or social housing), individual circumstances and the services available locally. A formal home hazard assessment can be effective but should be provided by a local authority or an approved local provider.

	Owner Occupied	Rented	Social Housing
Local council housing, environmental health, social care	X	X	X
Accredited home improvement agency or handyman service through First Stop Care Advice for elderly people	X	X	X
Social lettings agency		X	X
Social housing provider			X
Private landlord, or if that fails Citizens Advice		X	