



HEATWAVE H.E.L.P

A Grampians region collaboration

HEAT SAFE Training

November 2025

 Grampians
Health
Grampians Public
Health Unit

The *Heatwave HELP* team acknowledges the Wotjobaluk, Jaadwa, Jadwadjaili, Eastern Maar, Dja Dja Wurrung, Djab Wurrung, Wergaia, Jupagalk and Wadawurrung peoples, the Traditional Custodians of the unceded lands served by the Grampians Public Health Unit across the Gariwerd/Grampians, Wimmera Southern Mallee and the Central Highlands regions. We pay our respects to Elders past, present and emerging extend that respect to First Nations peoples here today.

2024:

- *The Heatwave HELP (Health Emergency Local People)* grant was awarded by Emergency Management Victoria (funded by the Australian and Victorian Governments under the National Partnership Agreement for Disaster Risk Reduction)
- Work commenced, convened by the Grampians Public Health Unit as part of the 2023-2029 *Grampians Region Population Health Plan's* priority area of work **tackling climate change and its impact on health**

- ❖ Heat kills more Australians than all climate-related events put together
- ❖ Victoria likely to reach >1.5C this decade with reduced rainfall overall
- ❖ Increases in temperature unequally distributed; inland western Victoria likely to experience *higher* increases

HEATWAVE H.E.L.P.

- Aims to build community-wide resilience to heat by training local people to

→ identify people they know who are at high risk of heat harm

AND

→ help those people to stay safe on hot days and periods of severe heat

- There are 15 partner organisations and many other agencies and groups involved
- The idea is starting in three Local Government Areas in western Victoria first: Horsham Rural City, Northern Grampians Shire and Hepburn Shire
- This training is for anyone who knows anyone who might be at risk so that we can together keep each other safe

*You or people you know may be at high risk of harm or death from heat
and simple steps can make a difference*

Heat can be fatal



H

Home
and living
conditions

E

Environment
and social
exclusion

A

Age and
underlying
conditions

T

Taking
certain
medications

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Taking
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medications

- Homeless, uncertain or unsafe housing
 - Old or poor housing – poor air-flow and insulation, little or no cooling (including because it seems too costly to use)
 - Not enough clean water, shade or shelter
 - Living alone or in isolated locations
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- Outdoor workers, playing sport outside, adventurers, hikers
 - No transport, or transport without working air-conditioning
 - Isolated or unable to hear or access warnings or support due to everyday barriers for cultural, language, disability, distance, isolation, technology lack or cost-of-living reasons
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- Babies and young children, older adults, and those pregnant and breast-feeding can dehydrate and overheat quickly
 - Heat makes most health conditions worse, and people with diabetes, heart, lung, kidney, and mental health conditions are especially at risk
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- Taking certain medications can reduce the body's ability to sweat or disrupt the body's ability to keep body temperature stable, for example
 - Drugs for depression and anxiety
 - Blood pressure and fluid tables

Do you know someone who is
at risk?

Are you?

There are ways to stay safe



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Stay cool and
drink water

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Avoid being
outside in the
heat of the day

F

Phone family
and friends

E

Emergency alerts
and weather
warnings

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Know how to keep cool:

- Stay in the coolest part of the home usually south-facing
- Use air-conditioning if available
- Draping a cool wet towel around neck and shoulders can help keep body temperature normal
- Go somewhere cool if you need (some communities have community centres where people can go to get cool)
- Keep levels of physical activity low if possible
- Get ready for the heat by talking to you doctor or pharmacist about medications and the importance of drinking water
- Avoid or limit travel during the hottest times of the day
- Stay under shelter and shade
- Check in with and check on others before and on hot days to keep each other safe: everyone needs to know about the risks from heat and how to stay safe
- Remember to check on neighbours and people new to the area too
- Listen for emergency alerts on ABC local radio or the Victorian Emergency App
- Fires and storms can follow or occur on hot days

Do you know how to stay safe
from heat?

How will you help your friends and
family, or neighbours and others to
stay safe?

Can you remember

Who is at risk from **HEAT** ?

and

How to stay **SAFE** ?

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We can help someone stay safe from heat by thinking

H E A T S A F E