



South Australian
Motor Racing Officials Association
Marshals Mumblings
December 2018

A CAMS affiliated Organisation



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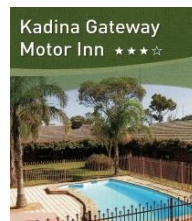
Modbury



St Agnes



Gully Meats



**Kadina
Gateway Motor
Inn**

MARSHALS MUMBLINGS

December 2018

Official Newsletter of the
South Australian Motor Racing Officials Association Inc.

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<i>Position</i>	<i>Office Bearer</i>	<i>Contact</i>
Patron	Vern Schuppan AM	
President	Steve Lewis	president@samroa.org.au
Vice President	David Castrechini	vicepresident@samroa.org.au
Secretary	Paul Bonnett	secretary@samroa.org.au
Assistant Secretary	Shaun Halliday	assistantsecretary@samroa.org.au
Treasurer	Ray McGuiness	treasurer@samroa.org.au
New Members	David Castrechini	newmembers@samroa.org.au
General Committee	Janelle Orrock, Bruce Morisset, Lisette Hutchins and Peter Stevens	

Training and Competition Committee – tcc@samroa.org.au

Chief Flag mobile – 0448 633 382

Chairperson	Brad Morrison	tcc@samroa.org.au
Secretary	Chris Hutchinson	
OH&S Representative	Paul Bonnett	
Members	Steve Lewis, Peter Stevens, Paul Bonnett	
CAMS Chaplain	David Vaughan	0418 803 239
CAMS Delegate	Paul Bonnett	
Newsletter Editor	Lisa Totani	editor@samroa.org.au

SAMROA WEB SITE www.samroa.org.au

Postal Address: PO Box 1312 ADELAIDE, SA, 5001.

The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with the Confederation of Australian Motor Sport (CAMS) Ltd.

President's Report

Welcome to the December News Letter. Here we are once again at the end of another Motorsport Season. The AMF was run over the weekend of the 2nd-3rd Dec with great entries again. This event just gets bigger and better each year. I would like to thank the organisers for allowing SAMROA to erect a promotional stand which was open and operational on the Sunday thanks to Dieter Von Zieden. A few names have been taken down which we will now follow up on. Although this event is not a SAMROA event, it was well represented with our members and everyone done a stellar job to ensure the safe running of the event.

It is now time for everyone to put your feet up and relax a little from all the Motorsport we have had over the last twelve months, I know this is a bit hard with Christmas just around the corner. The calendar for 2019 is looking busy. Your club is looking at approx. 32 plus days next year shared between 2 venues, Mallala and The Bend. This does not include any Major International or National Event that The Bend may wish to add, or for anyone to add for that matter.

Heading into the summer months it is a timely reminder to check your race bag and ensure that it comprises of suitable attire, hats, sunglasses, water bottle etc. We encourage all members to bring their own water and some snacks just in case what is supplied isn't enough.

Now, I know it is summer but, I have a bag full of beanies, approx. 26 for sale which has had the 40th Anniversary badge sewn on them. These are going for \$20.00 or you can get the badge alone for \$10.00. I will have these at the next General meeting for you to look at.

I would like to thank you all for the support you have given us throughout the year and hope that this continues in 2019. I wish you and your family a very Merry Christmas and a prosperous New Year.

Steve Lewis.



Happy birthday to our members who have already celebrated milestones in November or will be celebrating milestones in December.

November

Grant Paproth – 1st

Nathan Fenn – 1st

Kim Wilson – 7th

Chris Hutchinson – 19th

Tony Aloï – 21st

Kristy Fishburn – 21st

Lucy Gikonyo – 25th

Robert Creaser – 25th

Ian Rae – 27th

David Castrechini – 28th

Robert Thiry – 28th

Lawrie Schmitt – 29th

December

Lisa Totani – 1st

Kimberley Stevens – 4th

Graham Church – 9th

Ray McGuinness – 12th

Bryce Crawford – 14th

Darren Mattiske – 17th

Chris Monck – 18th

Robert Schofield – 25th



**Summer is on
its way!**

Our Secretary and OH&S rep has found some very useful information from the Victorian Government to assist with coping and maintaining good health in extreme heat. Know the warning signs, looks after your and those around you as heat stroke and dehydration can creep up without notice. See the factsheets at the end of this newsletter for all the information!

Events of Interest

While SAMROA values the commitment of its members at local events, we also encourage members to participate and experience other interstate and international events. Please note, applications for the 2019 Australian Formula 1 GP are now closed.



Website for more info: <https://www.bathurst12hour.com.au/>

Volunteer application form: [Bathurst12H](#)



Adelaide Superloop 500 (Feb 28th to March 3rd):

For non-trackside (event based) volunteer roles:

https://superloopadl500.com.au/event_info/volunteers-and-officials



Run from April 19th to 21st 2019

Website for more info: <http://www.bathurst6hour.com.au/>

Volunteer Application form: <http://www.bathurst6hour.com.au/event-info/officials-application>

Cover Photo: The SAMROA promotional stand on display at the AMF over the weekend. Photo courtesy of Steve Lewis. We hope to welcome some new members to the club in the new year!

The Editor welcomes contributions from any person interested in motor sport. Therefore, views expressed in this Newsletter are not necessarily those of the South Australian Motor Racing Officials Association or any of its members.

Social Committee – Annual Dinner

As always, help on the social committee is desperately needed. Additional events have not been being arranged as we just do not have time to do this arrange meals for the SuperKart meetings and other activities we have been doing. So again, please let a committee member know if you wish to help.

View the full gallery of photos from the 40th Anniversary Dinner via this link on the website: <http://samroa.org.au/2018-40th-anniversary-dinner-3/>





2018 Service Awards

5 years

Chris Hutchinson
Chris Anderson
Matt Avery

Ben Anderson
Peter Jury

10 Years

Shaun Doecke
Peter Tann
Jodie Johnson

Ray McGuiness
Steve Clift
Danny Trezise

20 Years

Graham Church

25 Years

Robert Thiry

40 Years

Ted Blackwell
Alan O'Dea
Lawrie Schmitt

Bob Schofield
David Castrechini



Life Members

- Ted Blackwell
- Alan O'Dea
- Bryce Crawford
- Colin Leaker
- Robert Thiry
- Peter Cirillo

- Bruce Morisset
- Lawrie Schmitt
- Geoff Sykes
- Bob Schofield
- David Castrechini
- David Mori
- Barry Hughes

*Thank you for all your tireless efforts and contributions to
SAMROA and congratulations on your service award!*

A message from Bill Arnold – Founding Member

“To the president, committee, and all members. Today you are celebrating a very special day, that being the birthday of SAMROA and today of course is the 40th anniversary.

40years ago, I along with a small group of people some of whom are no longer with us approached the management of air to see if we could start an official’s club. I was told it had been tried before and didn’t work, but all I asked was the opportunity to get this started. we held a few meetings and the ring leaders so to speak came to the decision that we would get the organisation, now known as SAMROA Inc. started.

We held regular meetings and supplied officials to all meetings in SA those of course being air, Mallala, Collingrove Hillclimb, Tailem bend rally cross, and even sent a crew to both Sandown and Bathurst yes, we spread our wings.

Who would of thought that SAMROA would have gone for so long, so I am a very proud to have achieved something so special as a club which has stood the test of time.

Tonight, I wish you all a fantastic anniversary and look forward to seeing this continue for many years to come. Happy anniversary SAMROA Inc.

Your original secretary and founding member, Bill Arnold.”

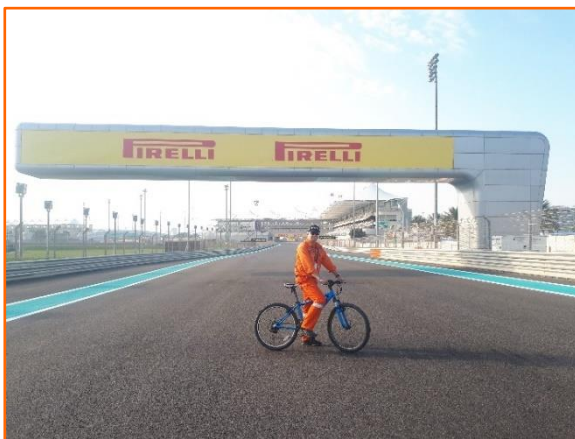
Darren's F1 Adventures – Making Memories

20 or so years ago my wife suggested I should get a hobby and when I said I'm going motor racing, she replied it can't cost us money. With that, I walked into the Adelaide CAMS office to see what I could do with little or no money and I was given Lawrie Schmitt's number who was the president of SAMROA at the time.

My favourite role in motorsport is still flagging as you get to see all the racing. I've had the pleasure of meeting some great people which I've share some memorable experiences with over the years. I have had the pleasure of having Michael Weeks from Abu Dhabi in my AGP team for the past 2 years. Michael is a Sector Chief at his home GP and this year invited me to apply for the Abu Dhabi. I was selected and my official position was light panel operator. When I arrived, I was asked to mentor and train a new Post Chief.

I arrived 2 days early to do the tourist things like the Grand Mosque and Ferrari world. Unfortunately, I run out of time to swim in their beautiful turquoise waters. During the 3 days of the GP I caught up with old friends and make new friends. I was pleasantly surprised at the number of Australians and met some expat Aussies. A total of 49 countries were represented.

Support categories were F2 and GP3 provide a great racing, flames from exhaust, glowing brake disc and they sound angry. Another highlight was "borrowing" a push bike to cycle around the circuit before the Sunday morning briefing.



I would recommend any experienced AGP official to do an overseas Grand Prix as you will need to draw on your experience and knowledge to adapt to a new environment.

Just because they might do things differently doesn't mean it's wrong. Just remember the saying "when in Rome...."

The cost of volunteers like me denoting their time to the sport we love is getting more expensive. With the Abu Dhabi F1 GP, I had flights, accommodation and time away from work and missing on-call are some financial costs, there is also the sacrifice of time away from your family, however, the memories you get from being part of the event was priceless.



T&CC Report

Hello and welcome to the first report for the new T&CC. I would like to welcome the new T&CC for 2018/2019 that is made up of:

Chairperson – Brad Morrison

Minute taker – Chris Hutchinson

(Acting) WHS Rep – Paul Bonnett

Committee members – Steve Lewis, Paul Bonnett and Peter Stevens

We would like to thank you all for attending the events throughout 2018, which was a challenging year running events over 2 circuits. The Bend has already proven to be a great addition to South Australia and events are only going to grow bigger as the years go on. It's now time to rest up over the festive season in preparation for the New Year and a new expanded calendar of events for 2019.

The first event for the New Year is the **State Championships Round 1 at Mallala Motor Sport Park on the 16th of Feb 2019** followed by **superkart/modern regularity on the 24th of Feb 2019** before the big one at the Superloop Adelaide 500. Can everyone please have a look now at your diaries to see if you can be available for these events.

With the start of a new year, the T&CC asks that next time you are in the database adding yourself to an event, could you **please just have a quick look over your details and update if required.** In particular: your address, phone numbers, email address, licence grades and emergency contact details.

The T&CC are working on some ideas for training next year so stay tuned for further updates in coming newsletters, we are also looking at training different people in different roles so if there is a role you would like to try, please let me know. We still have a few positions vacant on the T&CC so if you hold a Bronze level licence and would like to be a part of a committee, please feel free to contact me direct to discuss.

That's about it for this month, once again a big thank you to the outgoing members of the committee; Darren Mattiske and Nathan Fenn. Until next year from the T&CC committee, please have a Merry Christmas and a happy and safe New Year. We look forward to seeing you all trackside in 2019 for an exciting and action-packed year of racing.

Brad Morrison - T&CC Chairperson



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October General Meeting Minutes

Meeting Details

Date & Time: 10 October 2018 @ 1930 (7:30pm)
Location: Reephams Hotel
273 Churchill Road, Prospect, SA 5082

Meeting Opened: 19:30 (7:30 pm)

Present: Unable to locate Attendance book to record members at meeting.

Announcements / Reminders:

- One vacancy for General Committee
- Vote tonight for new T&C Committee

Previous Minutes:

Copies of the previous minutes (August 2018) were placed on the tables for members to read. Secretary (Paul Bonnett) moved that minutes be accepted and seconded by Peter Stevens. All members present, voted in favour that minutes be accepted. Carried.

Business arising from the minutes:

- Committees Nominations open for T&CC, one vacancy on General Committee.

Incoming / Outgoing Correspondence:

Correspondence as per list tabled at the meeting. (Copy Attached)
Moved by Secretary (Paul Bonnett) and seconded by Shaun Halliday that the correspondence be received. All present voted in favour. Carried.

Just a reminder to all that you don't reply to the messages sent out via the Database. There is a message that says "Do Not Reply" so to the person who keeps doing it – Kindly Stop.

Business Arising from the Correspondence:

- No business arising from the Correspondence List.

Reports from Other Committees:

WHS (Presented by Paul Bonnett)

- Warmer Weather on the way – Dress accordingly, Sunscreen, plenty of water – Look out for snakes. Don't handle them (especially the juveniles)
- Issues at Tailem Bend re Officials jumping fences. Lack of Toilets around the circuit are also causing concerns.

T&CC (Presented by Brad Morrison)

- Official's Numbers for the upcoming State Championships Round are way off – need a lot more. Janelle can send a message through her database. Also contact Melissa at CAMS.
- Voting tonight for new Committee – General Business

New Membership Applications (For General Committee's Approval)

CAMS (Presented by Paul Bonnett – Last Meeting Held 18 September 2018)

- PB was apology at meeting – awaiting minutes
- 1st Draft of 2018 Calendar is out – Calendar Meeting is 8th November. (Usually one member from each Committee attends)

STATE OFFICIATING PANEL (SOP) REPORT

- No Agenda – No meetings for about 18months

MOTOR RACING PANEL (MRP) REPORT

- Talking of opening up new categories for Older cars.
- Darren has stood down as MRP Rep – no official rep will attend from Committee. CAMS State Council minutes usually have some information.

WEBSITE / IT

- Peter Ruth is already familiar with our Web Site, if anyone has any suggestions on updates, contents etc get in contact.

SOCIAL COMMITTEE

- Looking for new members to work on the Social Committee. Janelle and Bronwen are happy to hang around doing lunches for the Superkart meetings but not much more

PROMOTIONS

- Christmas Parades at Taillem Bend and Murray Bridge: Now that the Motorsport Park has been operating for a while and locals know what's there, we see it as an opportunity to participate again and set up an information display.

SCC-SA (Presented by Ray McGuinness)

- Nothing to report

COMMUNITY LOTTERY UPDATE

- Community Lottery is now over for 2018.
- This year we took 55 books – sold 18.4! Lost 1. Very unlikely that we will participate any more. (Although, if someone else would like to run it – PB will fill in forms and pick up tickets but will not run it.)
- Draw was last night (09Oct18) Results in the Sunday Mail 14October18.
- SAMROA has purchased the remaining 36.6 books.
- Books: 51772 (Tickets 517713, 14, 15, 16, 18, 19)
51753 to 51757 (Tickets 517521 to 517570)
51774 to 51787 (Tickets 517731 to 517870)
51791 to 51807 (Tickets 517901 to 518070)

General Business

- T&CC Nominations:

Secretary called for any further nominations: Current nominations are: Steve Lewis and Peter Stevens from General Committee.

Other nominations: Paul Bonnett, Chris Hutchinson & Brad Morrison.

T&CC consists of 7 members and currently we have 5 positions filled. A partial Committee can be formed tonight as no voting is required. Just as a reminder, The WHS position is the only position on this Committee where you don't need to hold a Bronze Level licence (as a minimum) Now, Paul B. has nominated as a T&CC member but can continue as WHS Rep until someone else nominates.

(Whoever does nominate though will need to have had some OHS / WHS training in the past to help them understand the laws and regulations)

- Rob Thiry asked a few questions to the membership tonight:

What Distances are people travelling from their home up to TB and return?

What are people's expectations of accomodation?

If camping was free – would you also expect free power at your site??

This and any other feedback you may have, please send information to Rob. (or Secretary, who will compile the information and pass it on)

- Graham Church asked: What is happening with the SAMROA Ute (Rodney) This is currently in his Driveway and is it going out to TB?? If so, who can take it out?

Also has anyone seen SAMROA's second set of numbers and board (Big wooden box set) that is usually in our shed. Might have been loaned to TB but it hasn't been seen at either race venue.

- Newsletter is out of Sync to the General Meetings. The Newsletter used to release to all, so it arrived before a General Meeting, now it comes out after! Talk within the Committees to get it back to what it used to be. (One plus would be that Secretary would not need to print 12-15 copies of the latest Newsletter only to throw most of them away afterwards)

- Preparations are well underway for the Anniversary Dinner – Looking to finalise all payments by the 22nd October.

- For those who knew him; Tony Grove has sadly passed away. His funeral was held last week and was well attended. Janelle has sent a condolence card on behalf of all SAMROA Officials to the family.

- Bit of conversation on whether the membership wished to return to Monthly meetings or stay with the Bi-Monthly. Secretary made suggestion that someone should motion, and a vote can be taken. Tony Aloï made the motion, Darren Mattiske seconded, and vote was taken: Result was 6 votes for the Monthly and 9 votes to keep the current Bi-Monthly meetings.

With no further General Business, the meeting was closed at 20:45 (8:45 pm) Next Meeting: **Last one for 2018 – 19:30 (7:30 pm) on 12 December 2018**

Venue: Reepham Hotel

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Heat stress and heat-related illness

Summary

- Heat kills more Australians than any natural disaster.
 - Heatstroke is fatal in up to 80% of cases.
 - During the 2009 Victorian heatwave the number of deaths increased by 374 people.
 - Heat-related illness can be prevented.
 - Keep cool, avoid vigorous physical activity in hot weather, and drink plenty of water and other non-alcoholic fluids.
 - Never leave children, older people or pets unattended in a car.
 - Call Triple Zero (000) if a person shows any signs of heat exhaustion or heatstroke.
-

Extreme heat can affect anybody. Those most at risk are older people, young children and people with a medical condition.

Heat stress occurs when our body is unable to cool itself enough to maintain a healthy temperature. Normally, the body cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.

Heat-related illness can range from mild conditions such as a rash or cramps to very serious conditions such as heatstroke, which can kill.

Overexertion in hot weather, sun or bushfire exposure, and exercising or working in hot, poorly ventilated or confined areas can increase your risk of heat stress. Heat can also make an existing medical condition worse, for example heart disease.

People most at risk of heat-related illness

Anyone can suffer from heat-related illness, but those most at risk are:

- People over 65 years, particularly those living alone or without air conditioning
- Babies and young children
- Pregnant and nursing mothers
- People who are physically unwell, especially with heart disease, high blood pressure or lung disease
- People on medications for mental illness.

Elderly people are more prone to heat stress than younger people because their body may not adjust well to sudden or prolonged temperature change. They are also more likely to have a chronic medical condition and be taking medication that may interfere with the body's ability to regulate temperature.

Causes of heat stress and heat-related illness

There are many factors which can cause heat stress and heat-related illness, including:

- **Dehydration** – to keep healthy, our body temperature needs to stay around 37°C. The body cools itself by sweating, which normally accounts for 70 to 80 per cent of the body's heat loss. If a person becomes dehydrated, they don't sweat as much and their body temperature keeps rising.
 - **Lack of airflow** – working in hot, poorly ventilated or confined areas.
 - **Sun exposure** – especially on hot days, between 11am and 3pm.
 - **Hot and crowded conditions** – people attending large events (concerts, dance parties or sporting events) in hot or crowded conditions may also experience heat stress that can result in illness.
 - **Bushfires** – exposure to radiant heat from bushfires can cause rapid dehydration and heat-related illness.
-

Bushfires usually occur when the temperature is high, which adds to the risk.

Symptoms of heat-related illness

It is important to know the signs and symptoms of heat exposure and how you should respond. Symptoms vary according to the type of heat-related illness. Babies and young children may show signs of restlessness or irritability and have fewer wet nappies. Older people may become lightheaded, confused, weak or faint.

Some heat-related illness and common symptoms include:

- **Deterioration in existing medical conditions** – this is the most common health problem of heat stress.
- **Heat rash** – sometimes called ‘prickly heat’, this is a skin irritation caused by excessive sweating. It can occur at any age, but is most common in young children. It looks like a red cluster of pimples or small blisters. It is most likely to occur on the neck and upper chest, in the groin, under the breasts and in the elbow creases.
- **Heat cramps** – these include muscle pains or spasms, usually in the abdomen, arms or legs. They may occur after strenuous activity in a hot environment, when the body gets depleted of salt and water. They may also be a symptom of heat exhaustion.
- **Dizziness and fainting** – heat-related dizziness and fainting results from reduced blood flow to the brain. Heat causes an increase in blood flow to the skin and pooling of blood in the legs, which can lead to a sudden drop in blood pressure. There can be a feeling of light-headedness before fainting occurs.
- **Heat exhaustion** – this is a serious condition that can develop into heatstroke. It occurs when excessive sweating in a hot environment reduces the blood volume. Warning signs may include paleness and sweating, rapid heart rate, muscle cramps (usually in the abdomen, arms or legs), headache, nausea and vomiting, dizziness or fainting.
- **Heatstroke – this is a medical emergency and requires urgent attention.** Heatstroke occurs when the core body temperature rises above 40.5 °C and the body’s internal systems start to shut down. Many organs in the body suffer damage and the body temperature must be reduced quickly. Most people will have profound central nervous system changes such as delirium, coma and seizures. The person may stagger, appear confused, have a fit or collapse and become unconscious. As well as effects on the nervous system, there can be liver, kidney, muscle and heart damage.

The symptoms of heatstroke may be the same as for heat exhaustion, but the skin may be dry with no sweating and the person’s mental condition worsens.

Treatment for heat-related illness

Treatment options vary according to the type of heat-related illness. Apply first aid and seek medical assistance immediately if you, or someone you are with, shows any sign of heat exhaustion or heatstroke.

Heat rash – treatment

Treatment for heat rash includes:

- Move the person to a cooler, less humid environment.
- Keep the affected area dry.
- Try using unperfumed talcum powder to increase comfort.
- Avoid using ointments or creams, as they keep the skin warm and moist, and may make the condition worse.

Heat cramps – treatment

Treatment for heat cramps includes:

- Stop activity and sit quietly in a cool place.
- Increase fluid intake.
- Rest a few hours before returning to activity.
- Seek medical help if there is no improvement.

Dizziness and fainting – treatment

Treatment for dizziness or fainting includes:

- Get the person to a cool area and lay them down.
- If fully conscious, increase fluid intake.

Heat exhaustion – treatment

Treatment for heat exhaustion includes:

- Get the person to a cool area and lay them down.
- Remove outer clothing.
- Wet skin with cool water or wet cloths.
- Increase fluid intake if they are fully conscious.
- Seek medical advice.

Heatstroke – treatment

Heatstroke is a medical emergency and requires urgent attention:

- Call triple zero (000) for an ambulance.
- Get the person to a cool, shady area and lay them down while you're waiting for emergency medical help.
- Remove clothing and wet their skin with water, fanning continuously.
- Do not give the person fluids to drink.
- Position an unconscious person on their side and clear their airway.
- If medical attention is delayed, seek further instructions from ambulance or hospital emergency staff.

Prevention of heat-related illness

Prevention is the best way to manage heat-related illness. Some tips to prevent heat stress include:

- **Drink plenty of water** – you need to drink more during hot weather, regardless of how active you are, even if you don't feel thirsty (check with your doctor if you are on limited fluids or fluid pills). Avoid alcohol or drinks that contain lots of sugar. Don't have extremely cold liquids, as they may cause stomach cramps.
- **Avoid exposure to heat** – stay out of the sun as much as you can,
- **Protect yourself outside** – if you must be outdoors, remember to protect yourself from the sun – '**slip, slop, slap**' by covering exposed skin with lightweight clothes, using sunscreen and wearing a hat, '**seek**' shade and '**slide**' on sunglasses.
- **Plan ahead** – too much activity on a hot day can lead to heat stress. If you can, restrict activity to cooler parts of the day. Avoid physical activities like sport, renovating and gardening.
- **Don't leave kids, older people or pets in cars** – even on cool days, cars can heat up to dangerous temperatures very quickly. People or pets that are left unattended in parked cars for even a few minutes are at risk of serious heat-related illnesses and possibly death. Never leave kids, older people or pets in a parked car, even if the windows are left open a fraction.
- **Take it easy** – rest often and, whenever possible, stay indoors or in the shade.
- **Stay cool** – and keep air circulating around you. Draw your blinds or curtains and use a fan or air conditioning if possible (if you don't have air conditioning, consider visiting an air-conditioned shopping centre or public library). Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- **Keep up your energy levels** – eat smaller meals more often and cold meals such as salads.
- **Check in on others** – keep in touch with older, sick or frail family, friends and neighbours who may need help coping with the heat, especially those who live alone. Call them at least once on any extreme heat day.

Where to get help

- In an emergency, call triple zero (000)
- Your doctor – if you, or someone you know, may be suffering from a heat-related illness
- NURSE-ON-CALL Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)
- **Department of Health & Human Services – survive the heat information in community languages.**

- Maternal and Child Health Line, Victoria Tel. 132 229 (24 hours)
- **St John Ambulance Australia** – for information and resources on first aid

Things to remember

- Heat kills more Australians than any natural disaster.
- Heatstroke is fatal in up to 80% of cases.
- During the 2009 Victorian heatwave the number of deaths increased by 374 people.
- Heat-related illness can be prevented.
- Keep cool, avoid vigorous physical activity in hot weather, and drink plenty of water and other non-alcoholic fluids.
- Never leave children or pets unattended in a parked car.
- Seek medical assistance if a person shows any signs of heat exhaustion or heatstroke.

This page has been produced in consultation with and approved by:

Department of Health and Human Services - RHP&R - Health Protection - Environmental Health Unit

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SURVIVE THE HEAT

Know the effects of extreme heat, who is at risk and how you can prepare yourself and others.

During extreme heat it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

Could you or someone you know be at risk?

Extreme heat can affect anybody however the people most at risk:

- are aged over 65 years, especially those living alone
- have a medical condition such as diabetes, kidney disease or mental illness
- are taking medications that may affect the way the body reacts to heat such as:
 - allergy medicines (antihistamines)
 - blood pressure and heart medicines (beta-blockers)
 - seizure medicines (anticonvulsants)
 - water pills (diuretics)
 - antidepressants or antipsychotics
- have problematic alcohol or drug use
- have a disability
- have trouble moving around such as those who are bed bound or in wheelchairs
- pregnant women and breastfeeding mothers
- babies and young children
- are overweight or obese
- work or exercise outdoors
- have recently arrived from cooler climates.

Hot cars kill

- Never leave kids, adults or pets in hot cars. The temperature inside parked cars can double within minutes.

Coping with the heat

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day.
- Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Wear a hat and light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening.
- Watch or listen to news reports to find out more information during extreme heat.

How you can help others

- Keep in touch with sick or frail friends and family. Call them at least once on any extreme heat day.
- Encourage them to drink plenty of water.
- Offer to help family, friends and neighbours who are aged over 65 or have an illness by doing shopping or other errands so they can avoid the heat. Take them somewhere cool for the day or have them stay the night if they are unable to stay cool in their home.
- If you observe symptoms of heat-related illness, seek medical help.

Prepare for extreme heat

- Stock up on food, water and medicines so you don't have to go out in the heat. Visit your doctor to check if changes are needed to your medicines during extreme heat.
- Store medicines safely at the recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.

Prepare for power failure

- Ensure you have a torch, fully charged mobile phone, a battery operated radio and some spare batteries.
- Stock up on food items that do not require refrigeration or cooking such as tinned fruit and vegetables, tinned meats or fish, bread and fruit.
- Have plenty of drinking water available.
- Stock up on medications and other essential items.
- Consider a battery-operated or hand held fan to assist with cooling.

Recognising heat-related illnesses

Heat can worsen the condition of someone who already has a medical issue such as heart disease or diabetes. Most reported illness and death is due to the effect of heat on those already ill. Heat can also cause illnesses such as heat cramps and heat exhaustion which can lead to the life-threatening condition, heatstroke. The following table will help you recognise the symptoms of each and what to do.

SYMPTOMS	WHAT TO DO
HEAT CRAMPS Muscle pains Spasms in the abdomen, arms or legs	Stop activity and sit quietly in a cool place Drink cool water Rest a few hours before returning to activity See a doctor if cramps persist
HEAT EXHAUSTION Pale complexion and sweating Rapid heart rate Muscle cramps, weakness Dizziness, headache Nausea, vomiting Fainting	Go to a cool area and lie down Fan if possible Drink cool water if not vomiting Remove outer clothing Wet skin with cool water or wet cloths See a doctor
HEATSTROKE (a life-threatening emergency) Same symptoms as heat exhaustion except sweating stops Mental condition worsens, confusion Seizure Stroke-like symptoms or collapsing Unconsciousness	Call an ambulance – phone 000 Get the person to a cool area and lay them down Remove clothing Wet skin with water, fanning continuously Position an unconscious person on their side and clear their airway

For more information visit the Better Health Channel www.betterhealth.vic.gov.au

Call NURSE-ON-CALL on 1300 60 60 24 for 24-hour health advice or see your doctor if you are unwell.

In an emergency, call 000.

This brochure is available in other languages at www.health.vic.gov.au/heathealth

To receive this brochure in an accessible format phone the Health Protection Branch on 1300 761 874.

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