

EMERGENCY Management

Helping You To Help Yourself



Heatwave Plan for England 2015



Although many of us enjoy the sunshine, as a result of climate change we are increasingly likely to experience summer temperatures that may be harmful to health. For example the temperatures reached in 2003 are likely to be a 'normal' summer by 2040, and indeed globally, countries are already experiencing record temperatures. We do not know whether or not there will be a heatwave over the course of this summer, but we do want to make sure that everyone takes simple precautions to stay healthy during hot spells and when in the sun. Public Health England have produced a Heatwave plan for 2015: www.bit.ly/heatwave-2015

The plan is intended to protect the population from heat-related harm to health. It aims to prepare for, alert people to, and prevent, the major avoidable effects on health during periods of severe heat in England. The plan is in operation from 1 June until 15 September 2015 and works with the Met Office Heat-Health Watch website at:

www.bit.ly/heat-health-watch

People and communities will be asked for support in caring for the elderly and housebound if a heat wave is declared. Public Health England has also produced a plan giving the latest advice 'Looking after yourself and others during hot weather':

www.bit.ly/looking-after-yourself

In outline, Public Health England advises:

Stay out of the heat:

- Keep out of the sun between 11.00am and 3.00pm.

- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf.
- Avoid extreme physical exertion. If you can't avoid strenuous outdoor activity, like sport, DIY or gardening, keep it for cooler parts of the day, like early morning or evening.
- Wear light, loose-fitting cotton clothes.

Cool yourself down:

- Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks.
- Eat cold foods, particularly salads and fruit with a high water content.
- Take a cool shower, bath or body wash.
- Sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck.

Keep your environment cool:

- Keeping your living space cool is especially important for infants, the elderly or those with chronic health conditions or those who can't look after themselves.
- Keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped.
- Close curtains that receive morning or afternoon sun. However, care should be taken with metal blinds and dark curtains, as these can absorb heat – consider replacing or putting reflective material in-between them and the window space.
- Place a thermometer in your main living room and bedroom to keep a check on

the temperature.

- Turn off non-essential lights and electrical equipment – they generate heat.
- Keep indoor plants and bowls of water in the house as evaporation helps cool the air.
- If possible, move into a cooler room, especially for sleeping.
- Electric fans may provide some relief, if temperatures are below 35°C. At temperatures above 35°C fans may not prevent heat related illness and may cause dehydration. The advice is not to aim the fan directly on the body and to have regular drinks. This is especially important in the case of sick people confined to bed.

If you, or somebody you know, find your home to be uncomfortably hot and you have concerns about it affecting yours or someone else's health, seek medical advice about the person, and seek advice from the environmental health department at your District Council about the home.

View from America



The goal of the Community and Regional Resilience Institute (CARRI) is to strengthen any community or region's ability to prepare for, respond to, and rapidly recover from significant human caused or natural disaster with minimal downtime for the community.

What is Community Resilience?

The CARRI describe resilience as the ability to anticipate risk, limit impact, and bounce back rapidly through survival, adaptability, evolution, and growth in the face of turbulent change.

CAPRI say that Resilient communities minimise any disaster's disruption to everyday life and their local

economies. Resilient communities are not only prepared to help prevent or minimise the loss or damage to life, property, and the environment, but they also have the ability to quickly return citizens to work, reopen businesses, and restore other essential services needed for a full and timely economic recovery.

The CAPRI approach to resilience is based on a simple economic rationale: communities have a quantifiable level of functional capacity. In a crisis situation, that capacity declines at a rate

and to a depth that is largely dependent upon the nature of the disruption, the community's level of preparedness for that specific disruption, and the rapidity and effectiveness of that response. More importantly, the recovery rate depends on those same factors.

To read more visit:
www.bit.ly/usa-view



Rugby World Cup 2015

World Cup rugby is heading to Exeter and Sandy Park will be one of the 13 match venues for the prestigious tournament later this year. The eyes of the rugby world will be on the city as the Premiership Rugby ground plays hosts to three World Cup matches. Scheduled fixtures planned for Sandy Park will see Tonga v Namibia on September 29th, Namibia v Georgia on

October 2nd; with the final fixture on Sunday, October 11th featuring Italy against Romania.

In May, as part of the preparation for the tournament a number of blue light responders, local authority staff, and representatives from Sandy

Park came together

to consider some of the potential scenarios which could cause a major incident either at Sandy Park, or Northernhay Gardens which will host a free Fanzone featuring a big screen with live coverage, entertainment and food and drink for up to 5000 fans. For days when Rugby World



Cup matches are not being shown within the Fanzone, ticketed events and festivals are due to take place. The exercise considered the possible impact of building fires, disruption to the road or rail network in the hours leading up to the matches as well as political protests and how each one would be handled to minimise the risk and impact to the public. Judging by the quality of the responses you can rest assured we are in safe hands.



Prevent uncontrolled moorland fires



Be WILDFIRE aware

Whether you are out walking, mountain-biking, horse-riding, or simply driving through the uplands, you have a role to play. Preventing wildfires is a matter of being vigilant and following a few simple steps.

Whenever you are out and about, act responsibly:

- Make sure that cigarettes and matches are extinguished before disposing of them appropriately.
- Ensure disposable barbecues are used safely and only where allowed, checking that they are properly extinguished and disposed of once finished with.
- Follow all warning signs about fire risk – they are there for the safety of you and others.
- Dispose of all litter, including glass bottles, appropriately.
- Never light fires on moorland – not even gas stoves or barbecues.
- Be particularly vigilant in the uplands during any periods of warm, dry weather, and even more so when this coincides with

strong winds.

Report any smoke or fire - call 999 immediately

If you see smoke or fire, it is important that you get yourself out of any danger and report it immediately. Delays in reporting wildfires mean that the damage caused is greater.

What happens if you call 999?

Upon calling 999, you will be asked a series of questions relating to the incident.

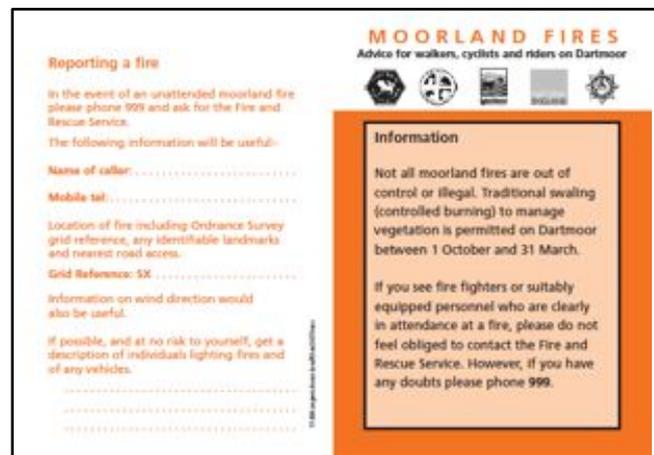
You need to provide both your location and the location of the smoke or fire. If you do not know exactly where you are, give the operator details about the nearest village, or the point where you started from or are heading to, and any significant landmarks.

Controlled (or prescribed) burning is the planned use of fire within a defined area. Heather is kept young and vigorous by controlled burning. If left unburned, it eventually grows long and lank, reducing its nutritional value. If your call is placed during the burning season, Fire Control will check against a list of known controlled burning for the

day. If the location is not included on the list, the Fire and Rescue Service will respond.

Do not be afraid to make that call – the Fire and Rescue Service would rather attend to a well intended false alarm than have an unreported incident turn into a major wildfire. The sooner they can respond to an event, the quicker and easier it will be for them to assess the situation and put the fire out, if needed.

The Dartmoor National Park website offers lots of useful information including advice for walkers, cyclists and riders. A useful aide memoire card can be downloaded and printed to carry with you:



www.bit.ly/moorland-fires

Highways England



Highways England is the new government company charged with driving forward our motorways and major A roads. This includes modernising and maintaining the highways, as well as running the network and keeping traffic moving.

Formerly the Highways Agency, Highways England is a different type of organisation: better equipped to support journeys today while investing in those of tomorrow. As well as secure long-term funding, Highways England

has more freedom and flexibility than the Highways Agency, so they can better manage and improve England's motorways and major A roads.

Over recent years, investment in the highways has increased, while advances in technology, such as smart motorways, mean traffic flows better. However, even more needs to be done

Certainty of funding and greater flexibility will enable Highways England to become a better business. In their first 5 years alone, they'll invest £11 billion in motorways and A roads –

boosting capacity, tackling congestion and improving safety.

At the same time, they will improve how they work. That means they will plan road works better to minimise disruption; clear incidents more quickly; and save more than £1 billion by working more efficiently.

To find out more visit their website:

<http://bit.ly/highways-england>

The DeerAware.com web site exists to offer basic advice on how to avoid a collision and to collect data on the number of accidents.

Their research is the only National effort to collect data that could be used to save lives - the information you submit is an essential part of this important effort.

Road traffic accidents involving deer present a major problem in the UK as well as in many other countries in Europe. For example, in Germany over 220,000 traffic collisions occur annually involving deer, over 1000 of which lead to human injuries and around 20 to human fatalities.

In the UK there is no system for central collation of road traffic accidents involving deer or other wildlife, and firm statistics on the scale of the problem in this country remain unavailable.

However, a pilot survey commissioned by the Highways Agency in 1997 based on retrospective data estimated that the number of deer killed annually in traffic collisions in the UK was already between 30,000 and 40,000.

You can submit reports to the website here:

www.bit.ly/deer-aware



First point of Contact

For assistance with community Emergency Planning your first point of contact is your City, District or Borough Emergency Planning Officer.

You will find them listed below for reference and remember they are all there to help you!

Don't forget, the Devon County Council website has lots of useful information for both individuals and communities:

-  www.devon.gov.uk
-  Safety and Emergencies
-  Emergencies
-  Emergency Planning - Community (Parish) Planning

Useful information:

CLEAR Plan	www.dcisprepared.org.uk/a-clear-plan
Floodline	0845 988 1188
Environment Agency	www.gov.uk/flood
Consumer Council for Water	www.ccwater.org.uk
National Flood Forum	www.floodforum.org.uk
Blue Pages Directory	www.bluepages.org.uk
Association of British Insurers	www.abi.org.uk or 020 7600 3333
British Insurance Brokers Association	www.biba.org.uk or 0870 950 1790
Royal Institute of Chartered Surveyors	www.rics.org/flooding
Know Your Flood Risk campaign	www.knowyourfloodrisk.co.uk

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