

R&R / HOUSEHOLD HEATWAVE ACTION PLAN

Review date: _____ Household / address: _____

Weather / alert source: _____ Contact: _____

Cooler destination / hours: _____

Transport / helper: _____ Backup: _____

Individual care instructions kept at (no private details): _____

COMPLETE WHEN CONFIRMED AND USABLE

- ☐ Save the local weather forecast and heat-alert source.
- ☐ Agree who checks changing alerts and indoor conditions.
- ☐ Identify the rooms and household members needing cooling support.
- ☐ Confirm a suitable cooler destination and opening hours.
- ☐ Check destination accessibility and pet arrangements.
- ☐ Write the transport plan and an alternative if the helper is unavailable.
- ☐ Record a check-in arrangement for someone living alone.
- ☐ Check relevant room shading and safe ventilation arrangements.
- ☐ Test the phone power bank with the actual cable and phone.
- ☐ Keep usable water containers and appropriate supplies accessible.
- ☐ Record where individual medical and equipment advice is kept.
- ☐ Plan for interrupted cooling, shared building access and power.
- ☐ Reconsider outdoor work, travel and recreation using current conditions.
- ☐ Keep emergency contacts and the rapid-help instruction visible.
- ☐ Set the next review date and assign the first unresolved task.

First unresolved task / responsible person: _____

Suspected heat stroke: call emergency services and begin cooling without delay.

Follow local advice and personal care plans. This worksheet is an organization aid.