

## 2003 European Heatwave Tasksheet

### Task One: Note Taking

Split a piece of paper/page of your exercise book into 5 rows. Label the rows - **What, Where, Why, When, Who**.

Read the 2003 European Heatwave information sheet. While reading you need to add as many notes as possible under the What, Where, Why, When, Who subheadings.

**What** is a heatwave?

**Where** did it happen?

**Why** did it happen? **Why** did it affect so many people?

**When** did it happen?

**Who** was affected by it happening?

The quality of your notes will be assessed. Ensure that you haven't just copied huge chunks of the information sheet. You should be aiming to note down the key points in enough detail that if you returned to your notes in a months time, you would be able to understand the **What, Where, Why, When,** and **Who** of the 2003 European Heatwave.

### Task Two - Disaster Prevention

Design and produce your own poster that educates people about one way of looking after yourself and others during a 'heatwave'. Posters that achieve the highest levels will describe why it is important to take the precautions.

An example of a poster produced by the French government and information produced by the British government can be seen below:



## 4 heatwave



### Who is at risk?

The heat can affect anyone, but some people run a greater risk of serious harm. These include:

- Older people.
- Babies and young children.
- People with serious mental health problems.
- People on certain medication.
- People with a serious chronic condition, particularly breathing or heart problems.
- People who already have a high temperature from an infection.
- People who misuse alcohol or take illicit drugs.
- People with mobility problems.
- People who are physically active, like manual workers and sportsmen and women.

### What should you do?

Mostly it's a matter of common sense. Listen to your local weather forecast so you know if a heatwave is on the way. Plan ahead to reduce the risk of ill health from the heat.

## A GUIDE TO LOOKING AFTER YOURSELF AND OTHERS DURING HOT WEATHER

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### Keep out of the heat

- If a heatwave is forecast, try and plan your day in a way that allows you to stay out of the heat.
- If you can, avoid going out in the hottest part of the day (11am – 3pm).
- 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.
- If you must go out, stay in the shade. Wear a hat and light, loose-fitting clothes, preferably cotton. If you will be outside for some time, take plenty of water with you.

### Stay cool

- A loose, cotton, damp cloth or scarf on the back of the neck, or spraying or splashing your face and the back of your neck with cold water several times a day can help keep you cool.
- Stay inside, in the coolest rooms in your home, as much as possible.
- Reduce heat from sunlight coming through the windows. External shading, e.g. shutters, is best. Metal blinds and dark curtains may absorb heat and make the room warmer – it is best to use pale curtains or reflective material.
- Keep windows closed while the room is cooler than it is outside. Open them when the temperature inside rises, and at night for ventilation.

## Task Three - The Twitter Challenge

Using your knowledge and understanding to take the "Twitter Challenge": in 140 characters or less describe the key features of the 2003 European Heatwave. Every time you would touch the keyboard, if you were typing your statement, is a character. Spaces and punctuation are characters.