

# Cold weather safety

জল সংক্রান্ত নিরাপত্তা

寒冷天氣安全

ઠંડા હવામાનમાં સુરક્ષા

Bezpieczeństwo przy zimnej pogodzie

سرء موسم سے محفوظ رہنا



The Government Standard

# Cold weather safety

**We want you to be warm and well in your home.**

This leaflet contains advice to help you keep warm and well in cold weather.

## **Hypothermia**

Hypothermia (when your body temperature falls below normal) is more likely to happen to someone who is elderly or very young.

Hypothermia can happen if you are in a temperature of below 6°C (43°F) for 2 hours or more.

## **Avoiding hypothermia**

Here are some simple tips to help you avoid hypothermia.

During the day:

- set your heating thermostat at around 21°C (70°F) and heat all the rooms you use in the day
- if you can't heat all your rooms make sure you keep your living room warm and heat your bedroom before going to bed
- set the timer on your heating to come on before you get up and switch off when you go to bed

- in very cold weather, rather than turn the thermostat up, set the heating to come on earlier so you won't be cold while you wait for your home to heat up.

### At night:

- try to keep a temperature above 18°C (65°F) in your bedroom
- if you use a fire or heater in your bedroom during winter, open the window or door a little at night for ventilation

- an electric blanket or a hot water bottle will help you keep warm but never use them together as you could electrocute yourself
- keep your curtains closed.

### In general:

- use draught excluders around doors and windows (especially if you can only heat one room), but don't block up any air vents



- have plenty of hot drinks and food
- wear plenty of thin layers, rather than one thick one
- put on a coat, hat, scarf, gloves and warm shoes or boots when you go outside
- wear clothes made of wool, cotton, or fleecy synthetic fibres
- stay warm in bed with bed socks, thermal underwear and a nightcap or headscarf.

### **What to look out for:**

The signs of hypothermia are:

- drowsiness
- slurred speech
- no longer feeling cold even though the room is very cold

- very cold skin in areas that are normally covered (stomach and under the armpits).

### **What to do if someone is suffering from hypothermia**

Take action quickly.

- gradually turn up the heating
- use some light blankets to warm them up
- give them a warm drink
- get medical help.

**For more information please contact us or visit [www.gloscityhomes.co.uk](http://www.gloscityhomes.co.uk) or GCHTV on the Looking Local service.**

**Or visit the Keep Warm Keep Well website at <http://keepwarmkeepwell.direct.gov.uk>**



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## Contacting us

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**Customer Services Line:** 0800 408 2000 (freephone)

or 01452 530626 (normal call charges apply)

**Text:** 0778 148 2656 **Fax:** 01452 396599 **Minicom:** 01452 396161

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**Web site:** [www.gloscityhomes.co.uk](http://www.gloscityhomes.co.uk) **Digital TV:** GCHTV on Looking Local

You can also contact us using our online reporting forms. Our website is speech enabled and you can adjust the size of the text and translate it to other languages.

If you would like any part of this document explained, translated or provided in another format such as large print, audio or Braille, please contact us.

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Bengali

如果您希望我們解釋、翻譯本文檔，或提供大字體、音頻或盲文等其他版本，敬請聯繫我們。

Chinese

જો આપને આ પુસ્તકમાંના કોઈપણ ભાગની સ્પષ્ટીકરણ જોઈતી હોય અથવા આ પુસ્તક અન્ય ભાષામાં અથવા રૂપમાં જોઈતી હોય, દાખલા તરીકે, મોટા અક્ષરોમાં, ઓડીયો પર અથવા બ્રેઇલમાં, તો કૃપા કરી અમારા સાથે સંપર્ક કરો.

Gujarati

Proszę zgłosić się do nas po uzyskanie wyjaśnień, przetłumaczenia względnie uzyskania niniejszego dokumentu w większym druku, w postaci dźwiękowej lub języku dla niewidomych.

Polish

اگر آپ اس دستاویز کے کسی حصے کی وضاحت، ترجمہ یا کسی اور شکل میں جیسے کہ بڑے حروف، آڈیو یا ابھرے حروف میں حاصل کرنا چاہتے ہیں، تو براہ مہربانی ہم سے رابطہ کریں۔

Urdu