

Examples of Key Information Posted on the Website & Social Media Channels by the Council's Communications Team

H&F Website Posts:

[Keeping yourself safe, and protecting people, in this hot weather | LBHF](#)

KEEPING YOURSELF SAFE, AND PROTECTING PEOPLE, IN THIS HOT WEATHER

The [Met Office issued its first ever Red Extreme Heat warning](#), with temperatures expected to reach 40 degrees on Monday 18 July. A red weather warning is the most serious and means adverse health effects that are not limited to those most vulnerable to extreme heat and which may cause serious illness or a danger to life.

With temperatures soaring, we wanted to share some tips on how to stay safe, and how you can look out for those who may need help.

Extremely high temperatures bring a real risk to health. This is particularly the case with children, older people, those with an underlying medical condition, and the homeless.



What seems like a cooling dip can be a risk to life

There are also other risks associated with hot weather.

Rivers and lakes may seem like a great place to cool off. But underlying currents, and unseen obstacles beneath the surface, can make them a danger to life for even the strongest swimmer.

For rough sleepers, extreme hot weather can be just as dangerous as extreme cold

We're determined to end rough sleeping in H&F, but the reality is that this extreme weather can cause health problems for those forced to stay out in it 24/7.

If you are concerned about someone who you think is sleeping rough, you can log their location using the app from StreetLink – available on [Google Play](#) and the [Apple App Store](#).

The information is passed to an H&F Council-funded outreach team – run by charity St Mungo's – who will then know how to find them.

A small amount of effort can make a massive difference.

Stay safe in this extreme hot weather

Everybody needs to take sensible precautions to ensure the summer is one to be remembered for the right reasons.

Stay out of the heat:

- keep out of the sun between 11am and 3pm
- 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
- wear light, loose-fitting cotton clothes

Cool yourself down:

- have plenty of cold drinks (you can find your nearest water fountain at the [Refill London website](#), 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 who can't look after themselves
- place a thermometer in your main living room and bedroom to keep a check on the temperature
- 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
- 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 35c

Look out for others:

- keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool
- ensure that babies, children or elderly people are not left alone in stationary cars
- check on elderly or sick neighbours, family or friends every day during a heatwave
- be alert and call a doctor or social services if someone is unwell or further help is needed If you have a health problem:
- keep medicines below 25c or in the refrigerator (read the storage instructions on the packaging)
- seek medical advice if you are suffering from a chronic medical condition or taking multiple medications

If you or others feel unwell:

- try to get help if you feel dizzy, weak, anxious or have intense thirst and headache; move to a cool place as soon as possible and measure your body temperature
- drink some water or fruit juice to rehydrate
- rest immediately in a cool place if you have painful muscular spasms (particularly in the legs, arms or abdomen, in many cases after sustained exercise during very hot weather), and drink oral rehydration solutions containing electrolytes
- medical attention is needed if heat cramps last more than one hour
- consult your doctor if you feel unusual symptoms or if symptoms persist

You can also visit the NHS website for more advice

[Heatwave: how to cope in hot weather - NHS advice](#)



KEEPING HAMMERSMITH BRIDGE COOL – AND OPEN – IN THE HEATWAVE

Parts of Hammersmith Bridge have been wrapped in reflective material to help protect it from the extreme heat

Engineers are working round the clock to keep 135-year-old Hammersmith Bridge open during the extreme hot spell.

The historic Grade II* listed bridge had to be fully closed in August 2020 when micro-fractures in its cast-iron pedestals widened during a heatwave.

Since then Hammersmith & Fulham Council's world leading engineers have installed a pioneering £420,000 temperature control system to keep the bridge at a safe temperature and alleviate any stresses on the pedestals.

The successful operation of the system was a key factor in the decision by safety experts to allow the bridge to reopen to pedestrians, cyclists and river traffic last July. It effectively acts as a giant air conditioning unit on each of the four pedestal chains.

The chains, which are anchored to the river bed, are regulated to be kept under 13°C in the summer. If any of them reach 18°C, safety engineers will shut the bridge.

With the Met Office having issued an Amber Alert and temperatures predicted to hit 34°C in the borough next Tuesday, engineers have been working on an extra package of measures to keep the bridge chains cool.

This includes running the cooling system throughout the night and wrapping the parts of the chains that are above the water level in silver insulation foil which reflects the sun.

“The safety of the public is our first priority,” said Sebastian Springer, Arcadis Project Manager on the bridge works. “The temperature control system allows us to track weather spikes and maintain a constant temperature. As we deal with the current extreme heat, we are also coming up with innovative solutions to keep the temperature within the threshold.”

If temperatures exceed expectations and the temperature threshold is breached, engineers state that the bridge would have to close on public safety grounds. However any closure would likely be only temporary until the heat subsides.

The first phase £8.9m works currently taking place on the bridge involves stabilising the micro-fractures in the pedestals to prevent the threat of future closures in extreme high and low temperatures.

Hammersmith Bridge, built-in 1887, is one of the world's oldest suspension bridges which is why it is also one of Britain's most expensive to repair. It is a Grade II* listed structure made out of wood and wrought iron with the suspension held in place by cast iron pedestals. It is part of Britain's engineering heritage and a national landmark.

H&F has been told by the government to pay an unprecedented 33 per cent of the original estimated £141m to £163m repair bill which would normally have been paid in large part by Transport for London (TfL) and the Department for Transport (DfT). We have made it clear we can only raise that amount of money via a road user charge or toll.

[Hammersmith Bridge – all you need to know and latest updates.](#)

Examples of Social Media Posts:

Emergency Alert. H&F & TfL warnings on heatwave + 5am bin collections - STAY SAFE
The Met Office has issued its first-ever Red warning for extreme heat for London, with temperatures forecast to reach 40C.
Please stay safe and remember that a heatwave can pose health risks for some people.

BINS + RECYCLING: If your recycling or waste collections are on Monday 18 or Tuesday 19 July, please put your bins or bags out by 5am. Crews are starting early to beat the heat.

BUS + TUBES: Transport for London is advising customers to only travel if essential on Monday 18 and Tuesday 19 July, due to the high temperatures forecast. WORRIED ABOUT A FRIEND, NEIGHBOUR OR RELATIVE? Call our Community Connect volunteer team on Freephone 0800 145 6095, 8am to 6pm, Monday to Friday or email: communityconnect@lbhf.gov.uk

Protect yourself from the sun during the hottest hours of the day, usually between 11am and 3pm. We urge everyone to keep an eye on those you know who may be at risk. Please ask if your friends, family or neighbours if they need any support. If your home is too hot, there are cool spaces in Hammersmith & Fulham that can help – such as libraries, parks with trees and shopping malls. To find your closest H&F library, visit: www.lbhf.gov.uk/libraries

Top tips to stay safe in the heat:

- Look out for those who may struggle to keep themselves cool and hydrated.
- Older people, those with underlying conditions and those who live alone are particularly at risk.
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors.
- Drink plenty of fluids and avoid excess alcohol.
- Never leave anyone in a closed, parked vehicle, especially infants, young children, vulnerable adults, or animals.
- Try to keep out of the sun between 11am to 3pm, when the UV rays are strongest.
- If you have to go outside in the heat, walk in the shade, apply sunscreen and wear a wide-brimmed hat.
- Avoid physical exertion during the hottest parts of the day.
- Make sure you take water with you if you are travelling.