

# It's getting hot in here

## Heatwave blasts City

By **BRITTANY MURPHY**

**J**UST over a month since the City was blanketed in unseasonal snow, Goulburn is bracing for its hottest day of the year.

Health professionals and emergency services are preparing for the impact of the weekend's heat wave on personal health, safety and fire danger.

Temperatures this weekend will outshine the current high for 2012 - a summery 34.6 degrees in January.

Maximum temperatures for today and tomorrow are predicted at 36 and 35 degrees, more than 10 degrees above average for this time of year.

There will be some relief on Sunday, with a top of 26 expected.

Rural Fire Service Southern Tablelands Zone Manager Peter Alley told the *Post* that the community needs to be aware of the possible fire danger when working outside over the weekend.

"People need to be vigilant and take extra caution if working in the garden mowing, slashing or using farm equipment," he said.

Mr Alley recommended doing outside work before 7am or after 7pm to avoid the hot outdoor conditions.

NSW Police have urged motorists to heed warnings about leaving children and animals unattended in vehicles during the warmer months.

State Emergency Operations Controller, Acting Deputy Commissioner Mark Murdoch said not only is it dangerous to leave children or animals in cars, it can be deadly.

"While everyone should be

aware of the impending hot weather there is one golden rule which should never be broken - never ever leave babies, children, the elderly or animals alone in a car even if the air-conditioner is on."

Those who intend to enjoy a few alcoholic beverages during the warm weather should also be aware of the dangers of mixing alcohol with sunshine.

"For those who will flock to beaches, the rivers or pools to try and escape the heat and cool down, beware of the dangers of drinking alcohol and being out in the sun all day - it's not a good mix," Acting Deputy Commissioner Murdoch said.

NSW Health is urging people to take the risk of heat-related illness seriously.

"Australians are accustomed to hot weather and generally consider themselves resilient to such conditions," NSW Health Medical Adviser in Environmental Health, Dr Richard Broome, said.

"Heat puts a lot of strain on the body and can cause dehydration, heat exhaustion and heat stroke. It can also make underlying health conditions worse," Dr Broome said.

NSW Health released the warning on yesterday, reminding people that extreme heat presents a real and potentially life threatening risk.

Director of the Southern NSW Local Health District Public Health Unit Tracey Oakman said that in Australia, more than 1,000 deaths a year are attributed to heat.

Continued page 2



**SUMMER'S HERE:** Goulburn is in for a scorching two days, with top temperatures of 36 and 35 degrees predicted for today and tomorrow. Sunday's top temperature is predicted at a comfortable 26 degrees. Photo: Cameron Kenny.

**24  
MONTHS**  
Interest Free

Terms and conditions apply  
see in store for details. >

NO DEPOSIT, NO INTEREST, NO REPAYMENTS  
**UNTIL NOVEMBER 2014\*1**  
AVAILABLE IN-STORE AND ONLINE

