

LANDLORDS

HEAT RESPONSE

This information is meant to help landlords and property managers support people in their community or residence who are vulnerable to heat.



Did You Know?

A heat warning is issued when temperatures are above 35°C during the day and 18°C at night for two or more days in a row. An extreme heat emergency is declared when a heat warning lasts for at least three days and temperatures keep getting hotter each day.

TIP 1: Be Aware of Tenants at Increased Risk of Extreme Heat



Socially Isolated People



Older Adults



People with Chronic Health Conditions



People with Disabilities



Pregnant People



Infants and Young Children



People with Low Income



Outdoor Workers

TIP 2: Prepare in Advance

- ✓ Encourage tenants to download the WeatherCAN app to receive weather alerts and notifications.
- ✓ Post weather alerts in common areas (e.g. bulletin boards) to reach tenants who may not have access to the app.
- ✓ Talk to tenants. Ensure that all tenants, regardless of languages spoken, mobility challenges, or other factors, receive this information as heat can be deadly.
- ✓ Maintain doors and windows to keep hot air out and cool air in.
- ✓ Add temperature-shading structures like awnings to windows.
- ✓ Explore air conditioning options for units that get the most sun (south and west facing).
- ✓ Create a shared cool space in the building where tenants can take a break from the heat.
- ✓ Learn the signs of heat distress and know when to get help (see the following chart on the back).

Help tenants stay safe and comfortable by sharing these simple tips:

- Close windows and curtains/blinds during the day to block out heat and sun.
- Open windows when it is cooler and use fans to blow cool air inside.
- Hang clothes to dry instead of using the dryer.
- Use the microwave or stovetop instead of the oven.
- Check in with others. If someone lives alone, encourage them to buddy up with a friend, family member, or neighbour.
- Use a spray mister or take a cool shower to lower body temperature.
- Drink water regularly, even if you're not thirsty.



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SIGNS OF HEAT EXHAUSTION:

- skin rash
- heavy sweating
- dizziness
- nausea or vomiting
- headache
- rapid breathing and heartbeat
- difficulty concentrating
- muscle cramps
- extreme thirst

SIGNS OF HEAT STROKE:

- high body temperature
- fainting or decreased level of consciousness
- confusion
- lack of coordination
- very hot and red skin

ACTION:

Move to a cool space, drink plenty of water, and cool down by applying water to the skin.

ACTION:

Seek medical attention and call 911 if necessary. Submerge some or all of the body in cool water, remove clothes, and apply wet towels.



Be aware of the signs and symptoms of heat distress and call for help when needed. If signs of heat stroke are present, call 911 or seek medical attention.



TIP 3: Perform Check-ins

When a heat warning has been issued, it can be helpful to check in on tenants who are more vulnerable to the effects of extreme heat. In-person checks are best for determining the temperature in their space, but checks can be performed over the phone if necessary.

Visit [Kamloops.ca/Heat](https://www.kamloops.ca/Heat) for valuable resources and guides on how to perform effective check-ins.

Additional Ways to Offer Help

Fans do not effectively cool down the body when blowing hot air. Using cool water is a more effective way to lower body temperature (e.g. a cool shower, misting, submerging limbs in cool water).



If homes are above 26°C, it may be necessary to help tenants find cooler locations. People with mobility challenges may need assistance travelling to a cooler space. A list of cool spaces in the community can be found [Kamloops.ca/Heat](https://www.kamloops.ca/Heat).



Under the *Residential Tenancy Regulation*, a landlord may enter a tenant's rental unit in the event of an emergency and entry is necessary to protect life. The landlord must show that their rationale was reasonable given the circumstances. For further information, review the *Residential Tenancy Act* and *Residential Tenancy Regulation*.



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For more information, visit [Kamloops.ca/Heat](https://www.kamloops.ca/Heat).