



Extreme heat – health advice

Clothing to wear during the heat

Wearing clothing to suit the heat can make a big difference to how you feel, and how well you are able to go about your daily activities during times of extreme heat.

The type of clothing you wear affects how well air can circulate over your skin, as well as allowing heat and moisture (sweat) to evaporate. If sweat cannot evaporate from your skin, then both skin temperature and discomfort increase.



Key tips

- When you are at home, wear as little clothing as possible to help keep cool.
- Wear lightweight, light-coloured and loose fitting comfortable clothing.
- Flowing garments allow air circulation close to the body which helps cooling and helps to keep the body dry.
- Light-coloured fabrics will reflect light and heat and will be cooler to wear.
- Avoid wearing dark-coloured, heavy or restrictive clothing and fabrics on hot days.
- Natural fibre fabrics of cotton, linen and silk are better to wear as they absorb sweat, allow the skin to breathe and do not stick to the body in the same way as synthetic fabrics do.
- Wearing clothing made of polyester fibres in hot weather can cause higher body temperature, more sweating and greater discomfort than when wearing clothes made of natural fibres.
- Wear clothing with an ultraviolet protection factor (UPF) rating. UPF 50+ is recommended.

Outdoors

- Use broad-spectrum sunscreen whenever outdoors (minimum SPF30+).
- When outside, wear clothing that covers as much skin as possible to protect the skin against damage from the sun.
- Long sleeves, pants and skirts in a lightweight, loose-fitting fabric provide a layer of protection.
- Wear a well-ventilated, wide-brimmed hat (at least 7.5cm wide), or a legionnaire or bucket-style hat. Make sure it shades your face, neck and ears.
- Peaked caps do not provide adequate sun protection as only the nose and forehead get protection. They also do not allow for heat loss from the head.
- Sunglasses should be worn at all times when outdoors to reduce glare on the eyes.
- If you have to wear heavier clothing for protective reasons during hot weather (for example, some sports, motorcycling or for work), remove it as soon as possible when you no longer need it.

For more information, visit www.dhhs.tas.gov.au/peh/alerts/standing_health_alerts/extreme_heat

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