



**The Bureau  
of Meteorology**

**COMMUNITY PREPAREDNESS WEBINAR**

**10AM WEDNESDAY 22 OCTOBER 2025**

**PREPARING FOR THE  
QUEENSLAND 2025–26  
HIGH RISK WEATHER SEASON**

**PRESENTERS:**

**FELIM HANNIFY**

**Senior Meteorologist**

**STEVEN VICKERY**

**Community Engagement Lead, Queensland**

Council on the Ageing  
**Queensland**



**Presented by the Bureau of Meteorology in  
collaboration with Council on the Ageing (COTA) QLD**



# ACKNOWLEDGEMENT OF COUNTRY

We recognise the unwavering connection that Aboriginal and Torres Strait Islander peoples have to the land and water on which the Bureau works.

We respectfully acknowledge the traditional weather and climate knowledge passed down through generations of Aboriginal and Torres Strait Islanders.

We pay our respects to elders, past, present and future, and to any First Nations people joining us today.



“Weather Change, Walking Together” by Lani Balzan.  
It reminds us that wisdom of the past must guide the future.





# ACKNOWLEDGEMENT OF AGE AND ISOLATION

The Bureau recognises the value of age and the experience, wisdom, and stability it can bring to older Queenslanders.

We also acknowledge the significance of isolation and loneliness and recognise these as a serious problem for some older people.

We aim to provide accessible products, services and information that helps de-stigmatise isolation, support wellbeing and enhance the health, safety and resilience capacity of all Queenslanders.





# TODAY'S FORECAST (AGENDA)

## 1. Seasonal Outlook – Queensland Spring and Summer

- Recent conditions and rainfall and temperature forecasts
- Risks, including flooding and extreme temperature
- Summary of outlook for this season

## 2. Hazards, weather and warnings

- Understanding weather information and warnings
- Preparing and staying safe this season
- Spotlight on – Flooding and Extreme Heat

## 3. The BOM App, Bureau website and other resources

## 4. Q and A

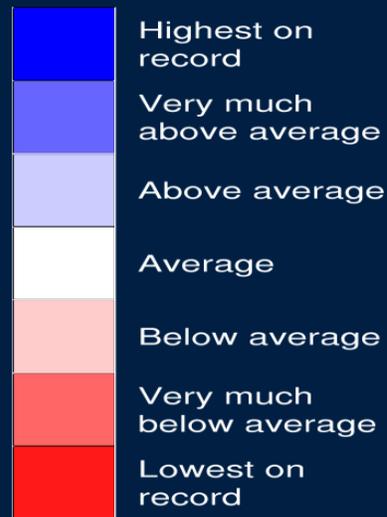




# RAINFALL AND WATER

## RECENT CONDITIONS

- Record rainfall events in Northeast and Western Queensland from February to April
- Tropical Cyclone Alfred brought heavy rainfall to the Southeast in early March
- Drier and near average since, especially July to September

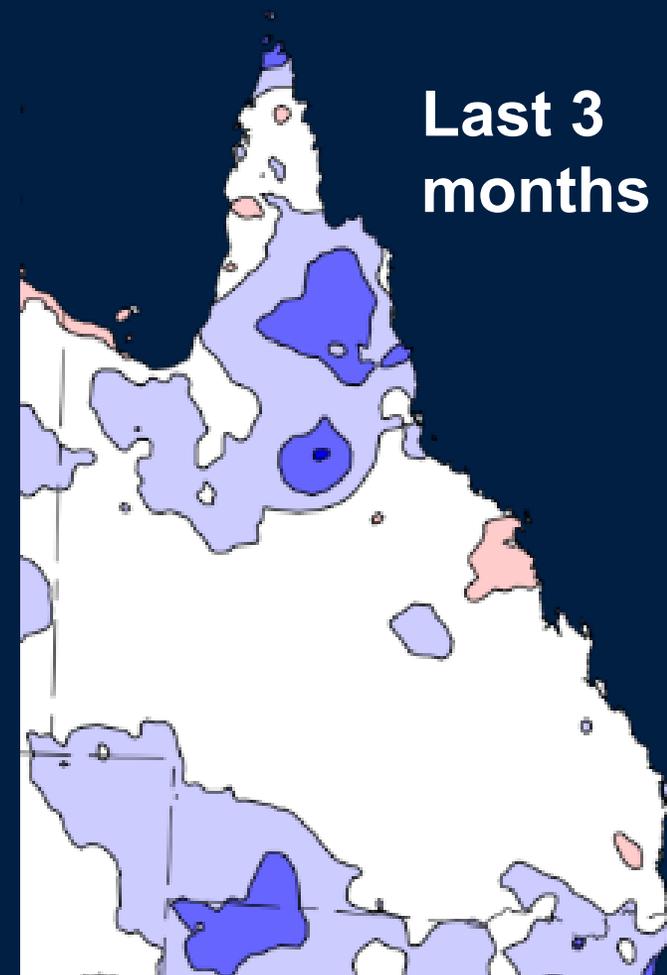


## RAINFALL TOTALS

Year to date



Last 3 months





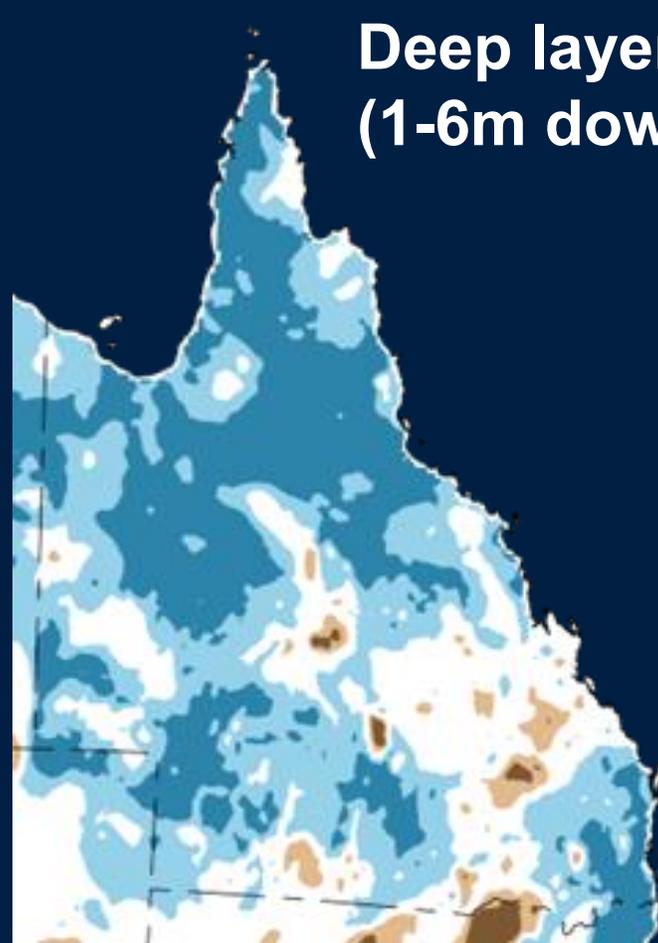
# RAINFALL AND WATER RECENT CONDITIONS

- Rainfall during winter was above average and significantly increased soil moisture
- Recent drier period has dried out top layer of soil, however deeper levels still very moist
- Below 1 meter, soils much wetter than average for much of Queensland

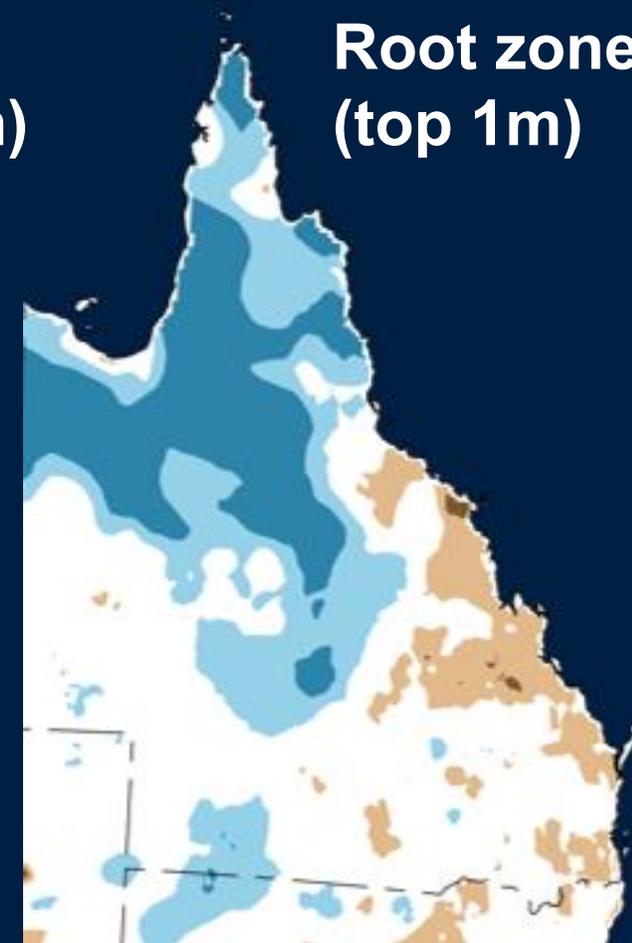


## SOIL MOISTURE

Deep layer  
(1-6m down)



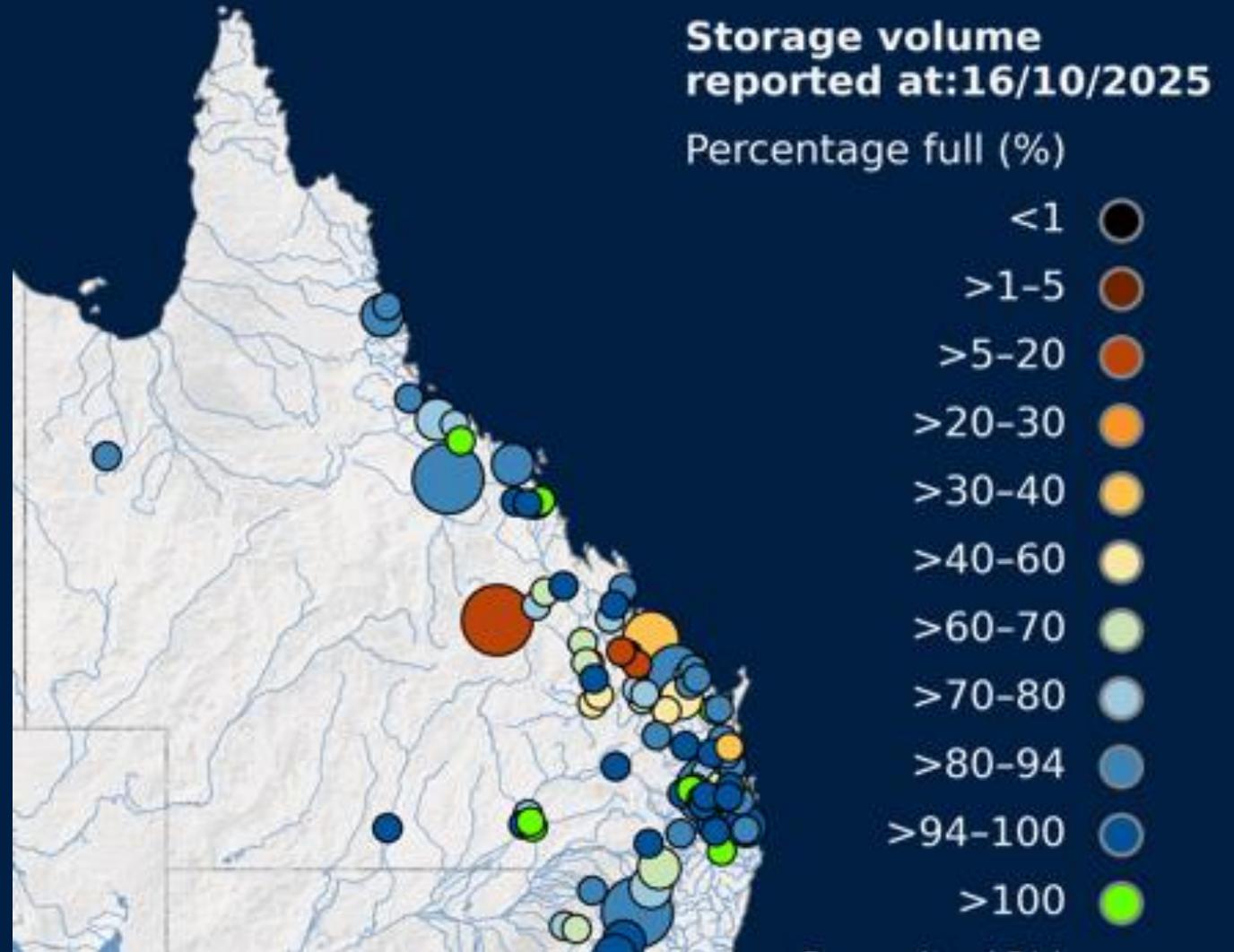
Root zone  
(top 1m)





# RAINFALL AND WATER WATER STORES

- Many of Queensland's water stores and dams are over 80% or even 90% full
- Water stores are especially full in Southeast and Northern coastal areas, where they are at or above 100% capacity

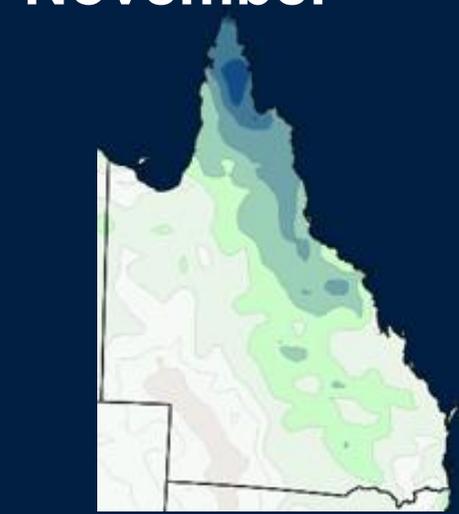
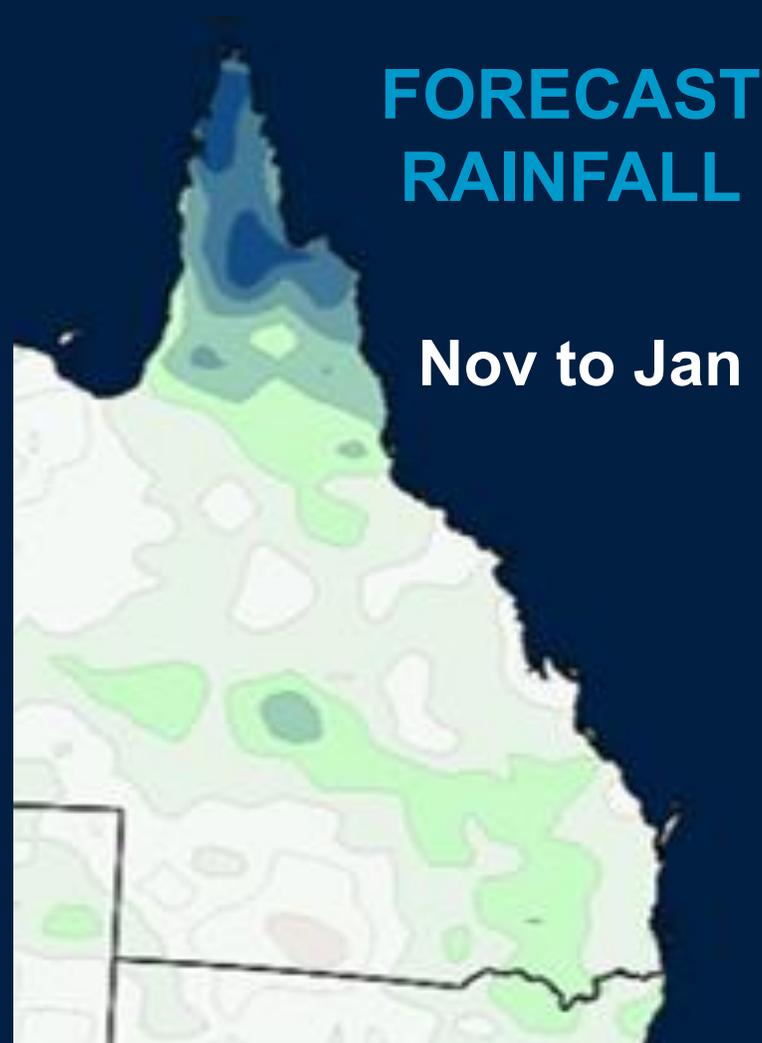
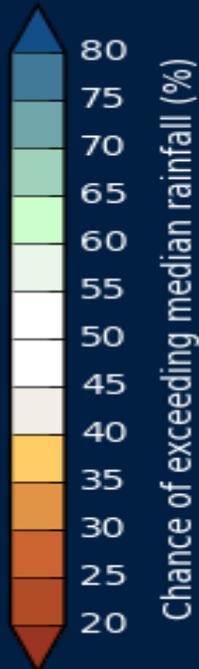




# RAINFALL AND WATER

## SPRING FORECAST - NOVEMBER TO JANUARY

- Despite the drier Spring so far, the November to January months are likely to bring above average rainfall to much of state with strongest signal across northern Queensland.

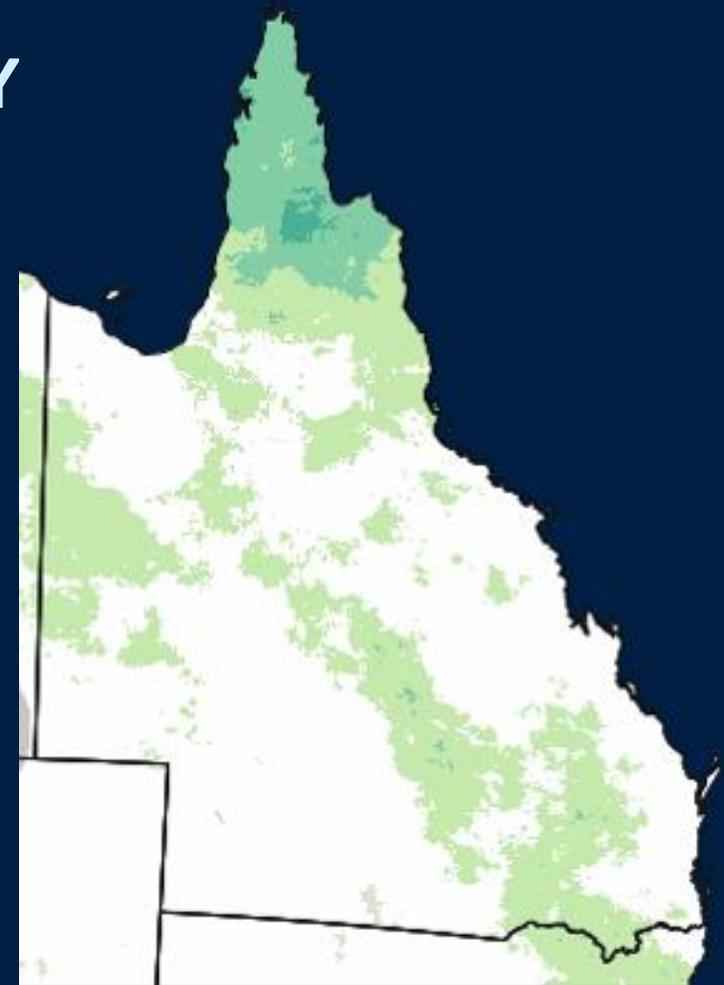
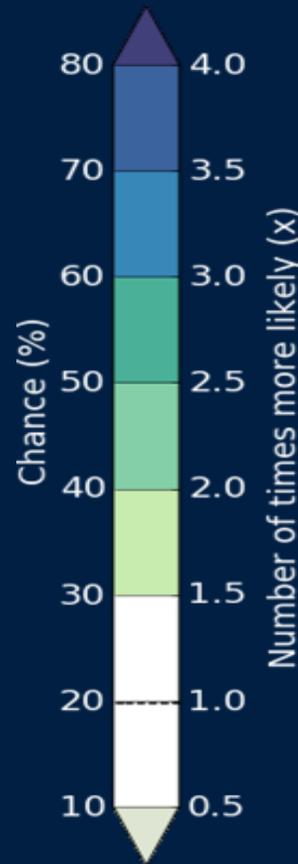




# RAINFALL AND MOISTURE

## CHANCE OF UNUSUALLY WET OR DRY CONDITIONS - NOVEMBER TO JANUARY

- There is an above average chance, around 30 – 50%, that we will have an unusually wet conditions, particularly in northern Queensland.
- Above average rainfall is especially likely in the latter part of Spring and early Summer



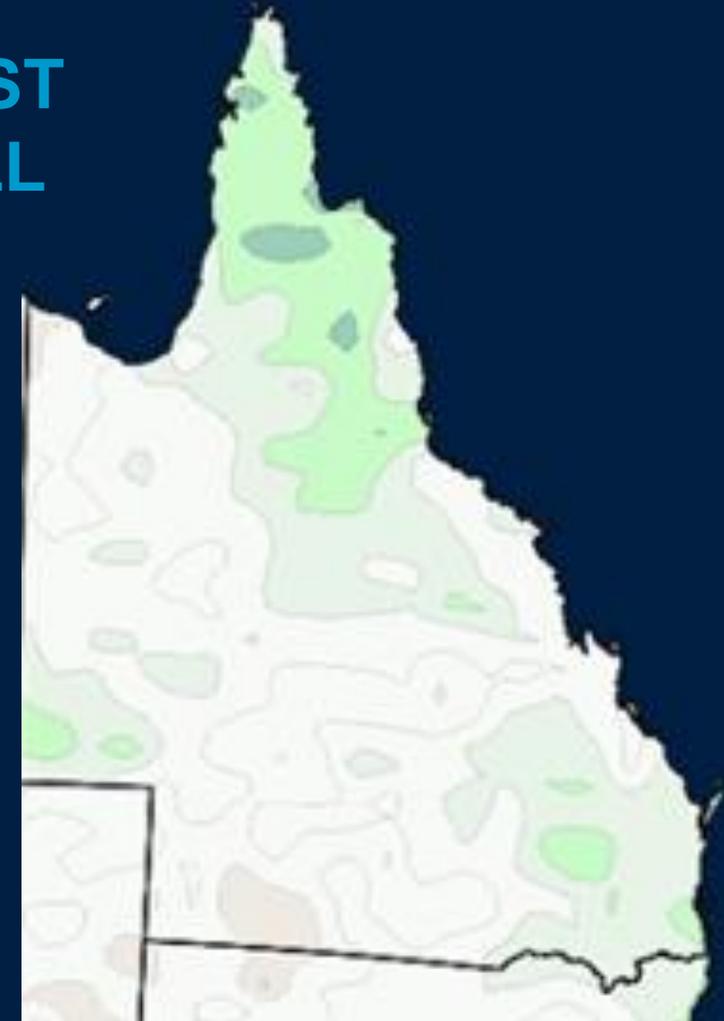
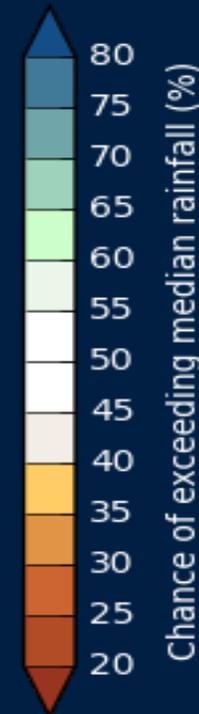


# RAINFALL AND WATER

## SUMMER FORECAST – JANUARY TO MARCH 2026

- Weather becomes more difficult to predict looking further ahead
- Latest models runs suggest the potential for above average rainfall over the Summer months
- While the signal is not as strong as late the Spring and early Summer months, the chance of near or above average rainfall extends across the majority of Queensland

### FORECAST RAINFALL





# RAINFALL AND WATER

## THE BIG PICTURE – HIGH FLOOD RISK

### HEADING INTO THE SEVERE WEATHER SEASON, QUEENSLAND HAS:

- High levels of moisture in the soil, especially at depth
- High dam and water storage levels
- High natural tendency and above average chance of runoff
- Above average rainfall likely for late Spring and Summer months

**Together, these factors suggest increased flood risk for many areas of Queensland.**

Note: Flood risk can be influenced by significant weather events.

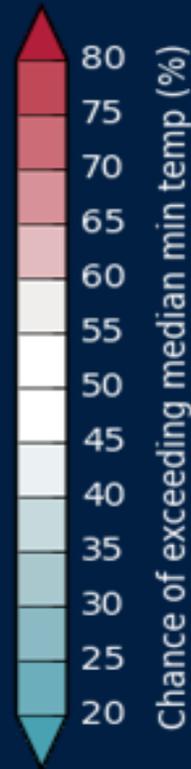
Typically, these influences are not well resolved by long-range forecasts.



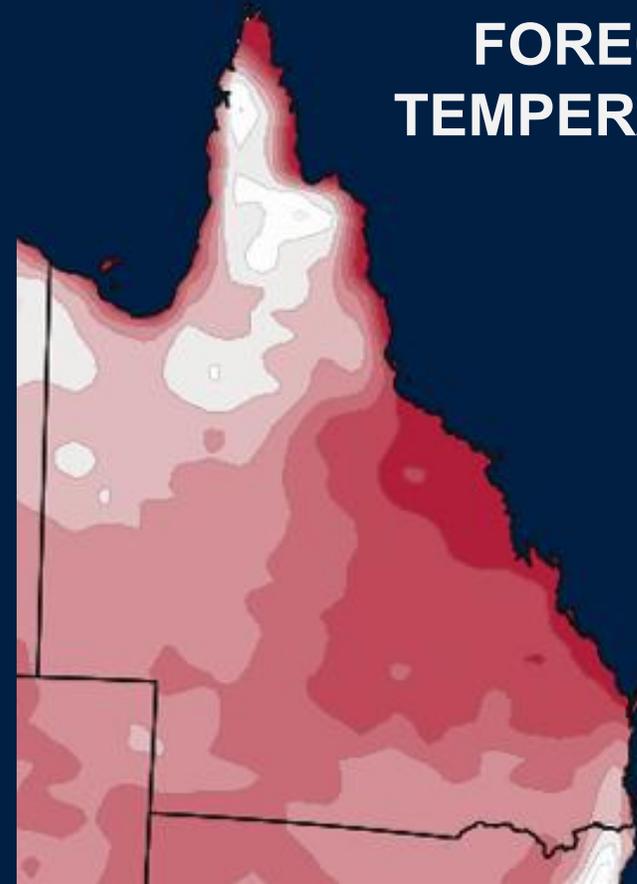


# TEMPERATURE AND HEAT FORECAST - NOVEMBER TO JANUARY

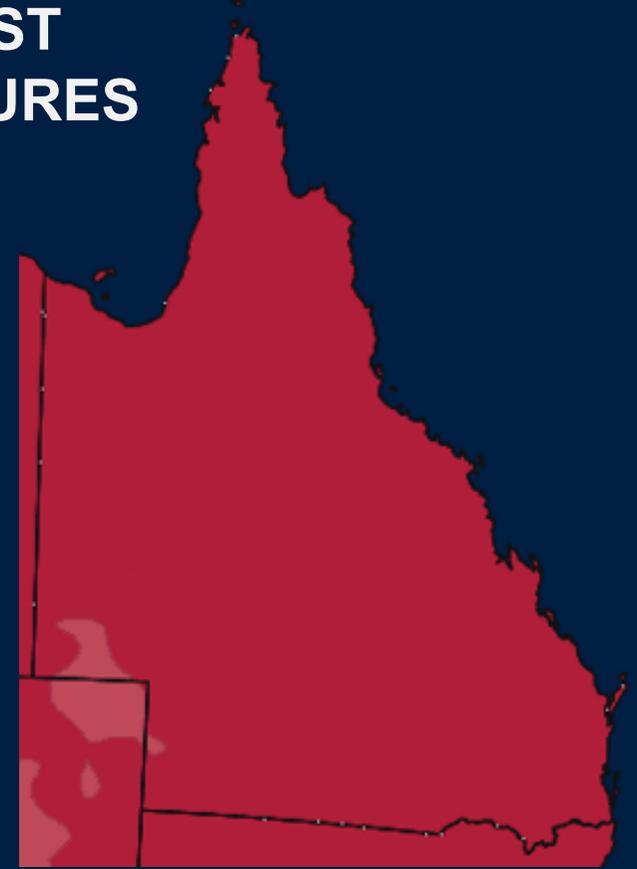
- Warmer than average days are likely for many areas, with a slightly lesser chance in some areas of North Queensland
- There is a very high chance of warmer than average nights over all areas of Queensland



## FORECAST TEMPERATURES



Maximums / Day times



Minimum / Night times

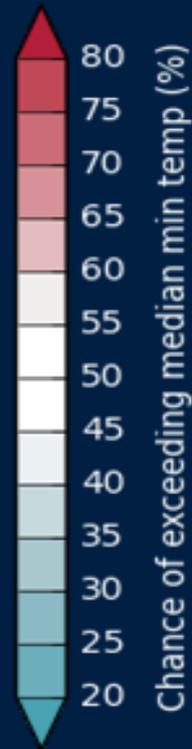




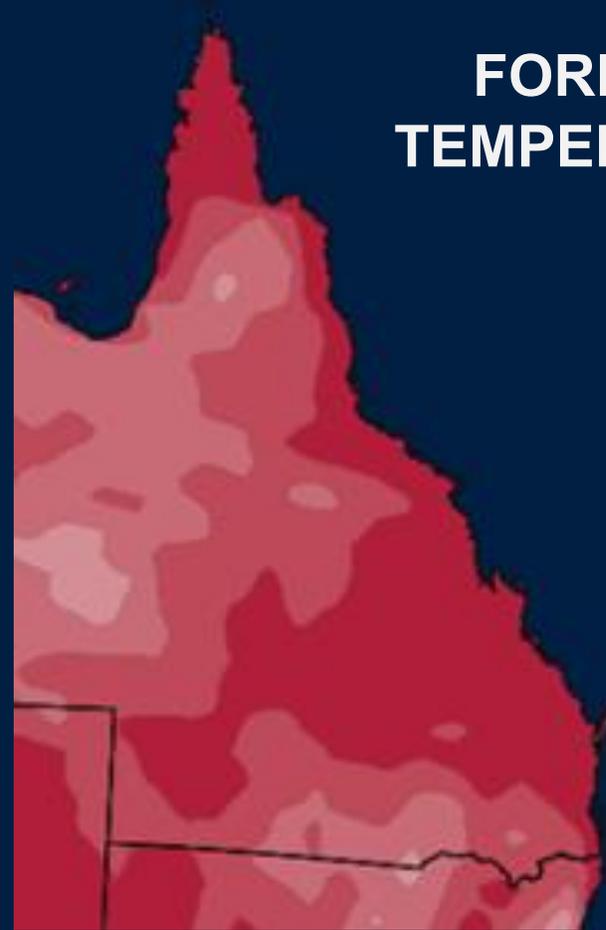
# TEMPERATURE AND HEAT

## LONGER RANGE FORECAST - JANUARY TO MARCH

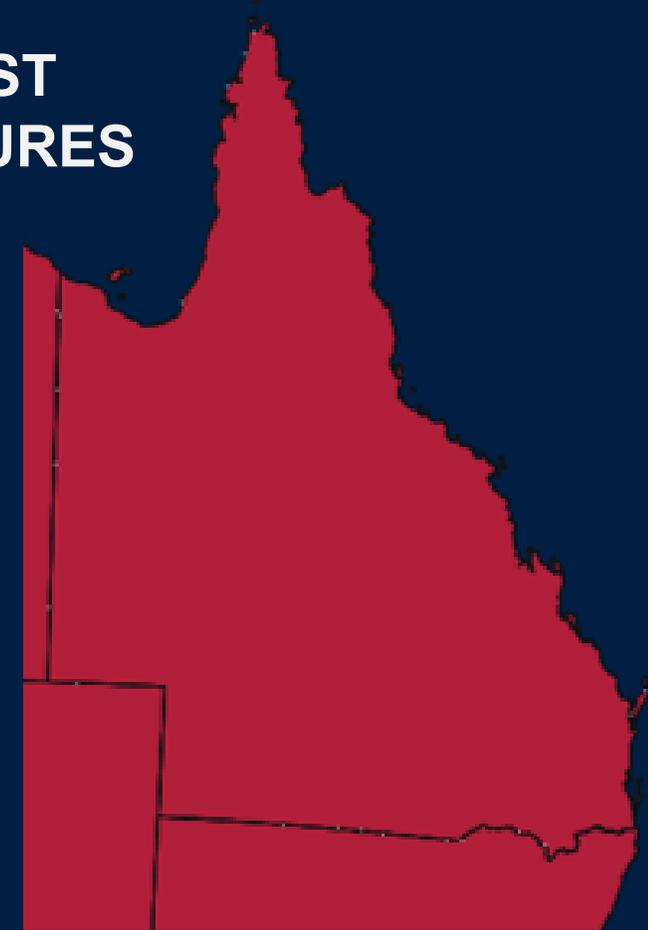
- Warmer than average days are also likely in Summer months, from January to March 2026 for most of Queensland.
- The chance of warmer than average nights is again very high in all areas of Queensland



### FORECAST TEMPERATURES



Maximums / Day times



Minimum / Night times

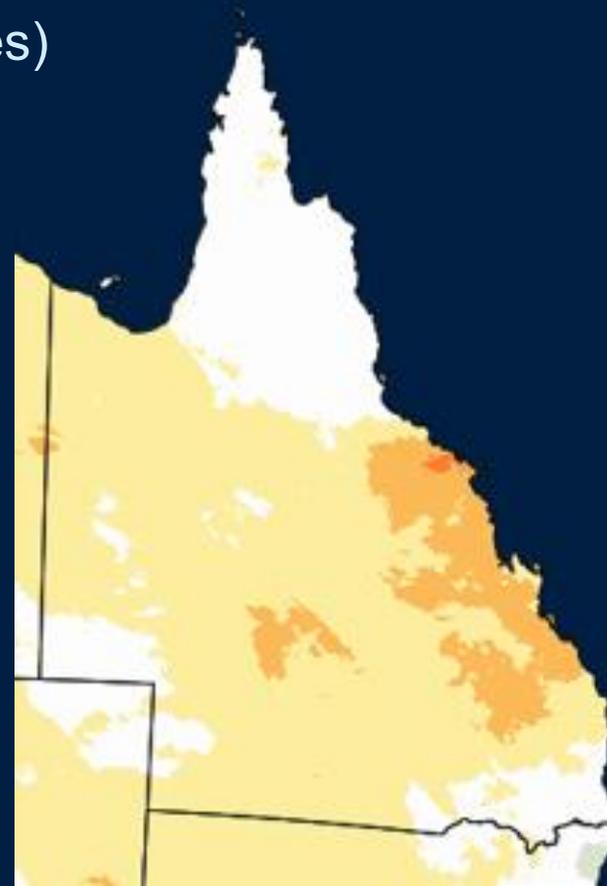
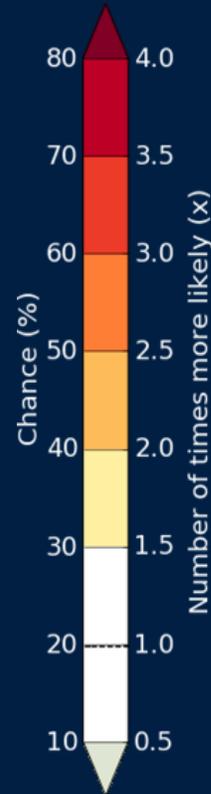




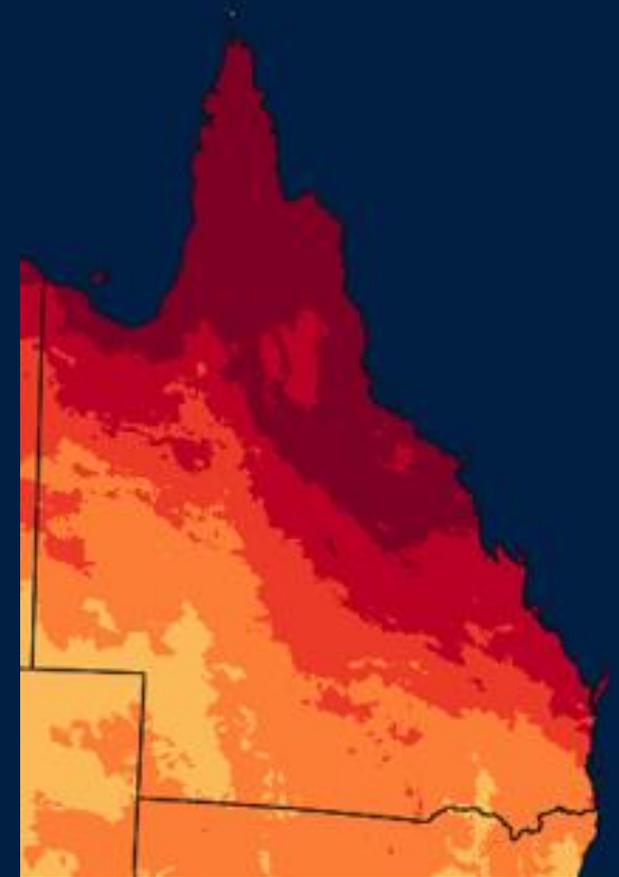
# TEMPERATURE AND HEAT CHANCE OF UNUSUALLY HOT TEMPERATURES

(Within top 20% of historical ranges)

- Unusually warm daytime maximums possible for parts of interior and eastern Queensland from November to January.
- Much more likely we will see unusually high nighttime minimums



Maximums / Day times



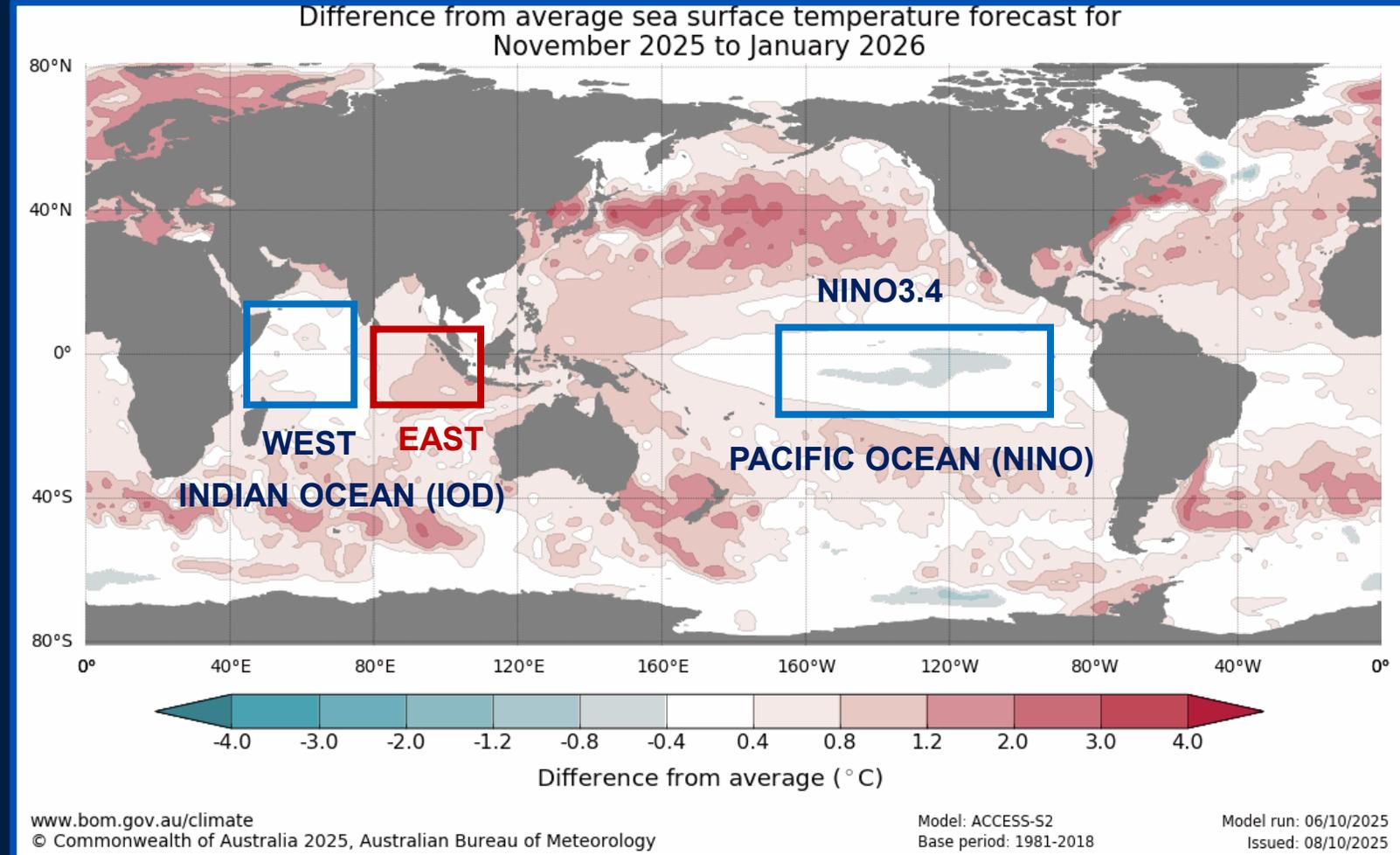
Minimum / Night times





# CLIMATE ENSO / IOD FORECAST

- Warmer than average ocean temps are likely to persist across our region in the coming months
- Warm oceans can provide increased moisture and energy that enhances rainfall, and increases severity of storms and rain systems

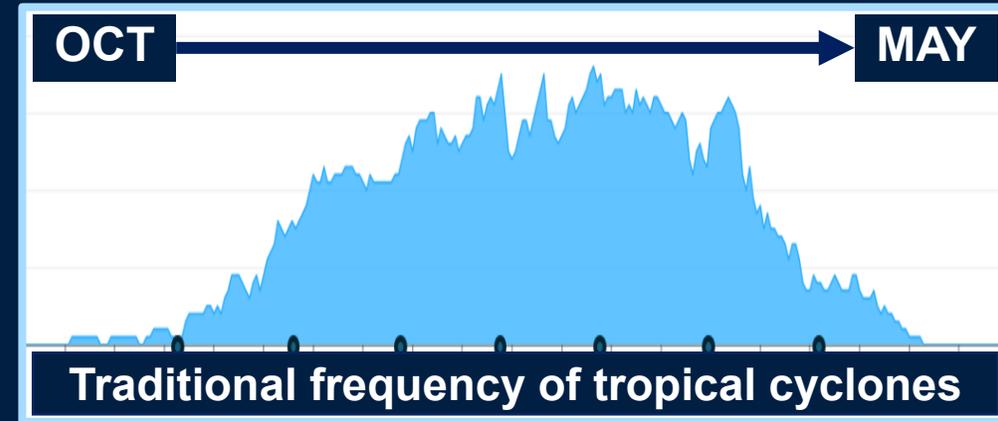




# TROPICAL CYCLONE GUIDE



- Tropical Cyclone (TC) season is November to April
- The Queensland average is 3 TCs per season
- At least one cyclone impacts the Australian coast each year, often in Queensland
- Cyclones are inconsistent – each season can have quiet periods followed by bursts of activity
- In future, there may be fewer but stronger cyclones, due to rises in sea temperature
- Cyclones and East Coast Lows, even those that do not cross land, can bring intense rain, damaging winds and dangerous storm surge, leading to significant impacts in both coastal and inland areas





# SEVERE WEATHER OUTLOOK

## QUEENSLAND SUMMARY – OCTOBER 2025 to APRIL 2026

### Hazard

### Likelihood compared to recent decades



Storm



Around average



Flooding



Increased likelihood – Northern Queensland



Coastal flooding



Around average



Tropical cyclone



TC season November to April ( Increased risk that a higher proportion may be severe due to above average sea temps)



Extreme heat



Increased likelihood



Bushfire



Close to average



Drought



Below average



Dust



Below average





# SEVERE WEATHER OUTLOOK

## KEY TAKEAWAYS

- Long range forecasts suggest our primary risks this season relate to flood and extreme heat
- However, Queensland is a state of many hazards
- Weather can and often is unexpected and can differ significantly from year to year
- Always prepare for the chance and potential impacts of all hazards relevant to your area
- Remember, severe weather does not plan, **but you can!**





# UNDERSTANDING WEATHER INFORMATION

## WHAT DOES THE BUREAU PROVIDE INFORMATION ON

- There are 8 key hazards the Bureau provides information, advice or warnings on
- For some, the Bureau provides direct advice and warnings
- For others, we work alongside partner agencies, who also issue decisions and advice



**Storms**



**Flooding**



**Cyclones**



**Coastal  
hazards**



**Heat /  
Heatwave**



**Fire  
weather**



**Drought**



**Dust**

**Local Councils (Dams and Maritime Safety QLD)  
– via dashboards and resident communications**

**QLD Dept  
of Health**

**QLD Fire  
Department**

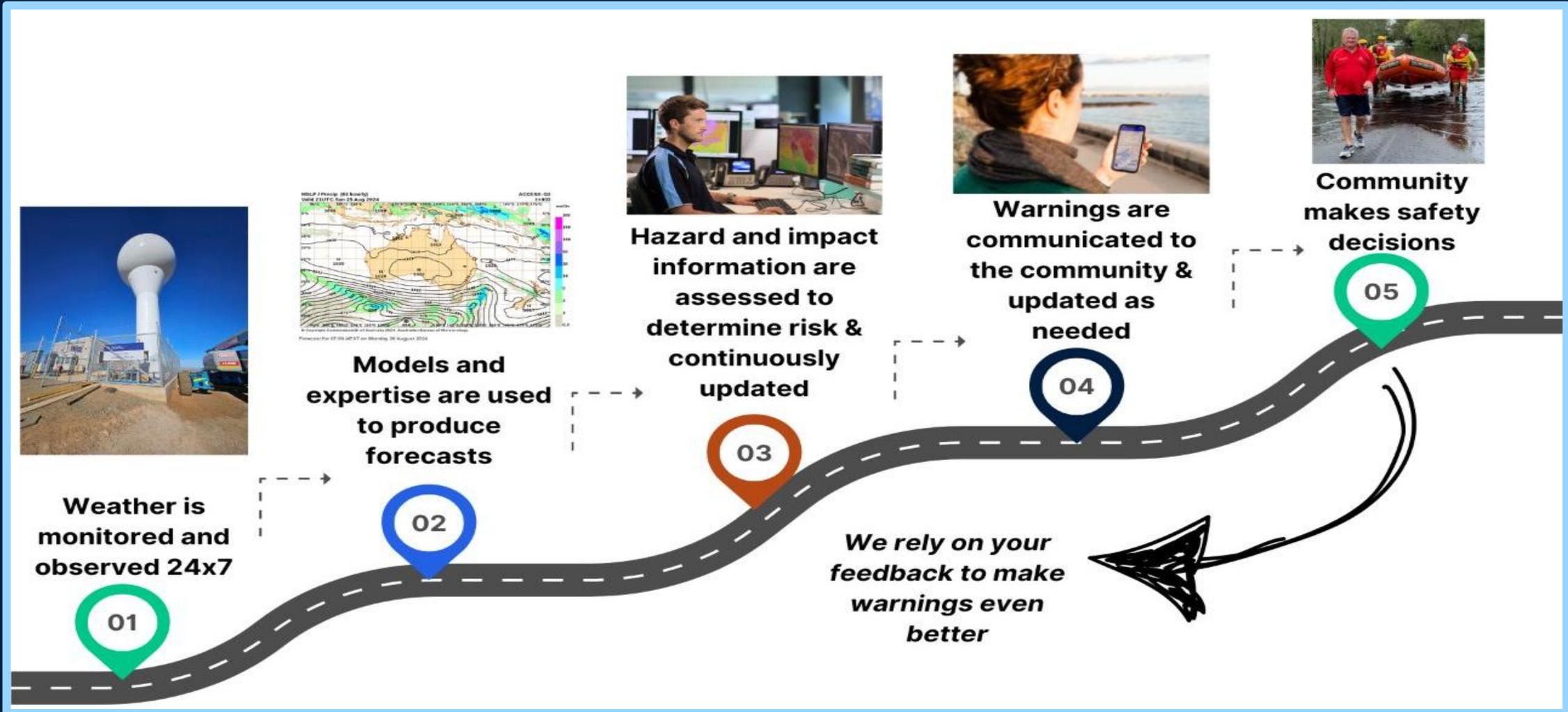
**Dept of Agriculture,  
Fisheries & Forestry**





# UNDERSTANDING WEATHER INFORMATION

## HOW THE BUREAU GATHERS AND PROVIDES INFORMATION





# UNDERSTANDING WEATHER INFORMATION

## FORECASTS AND OBSERVATIONS

- Detailed current, hourly, up to 7 days ahead and even long-range forecasts
- Rain radar and weather maps
- Specialised forecast and observations on
  - Coasts and oceans
  - Rainfall and rivers
  - Heatwave
  - TCs and Tsunamis



### Brisbane

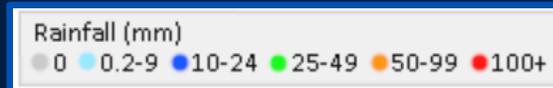
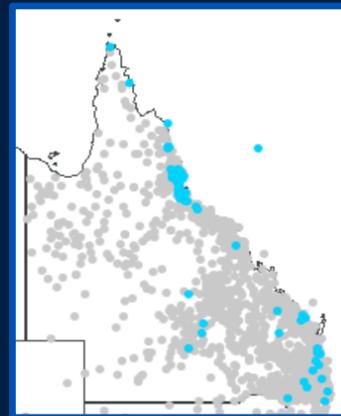
⚠ 1 warning for this location

Today 7 days Past

**22.4°**  
Feels like 24.6°

18° Overnight min    29° Tomorrow's max

☀ Clear.  
No rain



### Hourly forecast

Temperature and rain   Wind   Humidity, UV and cloud   Show all

Today				Tomorrow						
8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am
☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀
22°	22°	21°	20°	20°	19°	19°	18°	18°	18°	18°





# UNDERSTANDING WEATHER INFORMATION

## EXPLORE OUR KNOWLEDGE CENTRES

Learn all about our weather, climate, oceans and water



### Severe weather



Severe weather and coastal hazards, thunderstorms, tornadoes and east coast lows.

### Flood



Why floods happen and how we warn Australians when floods are predicted.

### Tropical cyclone



How cyclones form, where they happen, their impact and our warning services.

### Tsunami



Causes, likelihood and how we detect and issue warnings for tsunami in Australia.

### Marine



Ocean currents, waves, tides, sea level and temperatures.

### Climate



Australia's climate, climate change and using long-range forecasts.

### Fire weather



Bushfires, fire weather and understanding our warning services.

### Drought



What causes drought in Australia, how it is changing and our drought services.

### Heatwave



What heatwaves are, how they are classified and our heatwave services.

### UV exposure



UV forecasts and how to protect yourself from sun damage.





# WARNINGS AND ALERTS

- Provide critical information on significant weather events, to help save lives and property
- Many types – only some warnings will be relevant to you
- Important to know your weather risks and which warnings to be aware of
- Common warnings and alerts relate to severe weather and thunderstorms, coastal hazards, flooding, tropical cyclones, heatwave and fire





# WARNINGS AND ALERTS

## BUREAU WARNINGS AND ALERTS

### When warnings and alerts are issued:

1. Stay connected with the Bureau or other emergency service agency that has issued and is providing information on a threat
2. Check your BOM App and Bureau website for notifications
3. Tune in to emergency broadcasts





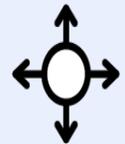
# WARNINGS AND ALERTS

## UNDERSTANDING BUREAU FLOOD ADVICE



### Watch

#### Prepare



**Broad area** of flood risk



**Early advice** for potential flooding



**Issued 1–4 days** before impact



### Warning

#### Take action



**Specific location** of flood risk



**Minor, moderate, major** flooding



**Issued >6 hours** before impact





# WARNINGS AND ALERTS

## UNDERSTANDING BUREAU CYCLONE ADVICE



### Watch



When **damaging winds** are expected within **48 hours**



### Warning



When **damaging winds** are expected within **24 hours** or are already **happening**





# WARNINGS AND ALERTS

## WHEN DO WE CONSIDER A THUNDERSTORM SEVERE AND ISSUE A WARNING?



We issue a **Severe Thunderstorm Warning** when a storm is producing or expected to produce...



**Large hail**

Hailstones 2 cm and larger



**Damaging winds**

Wind gusts 90 km/h and stronger



**Heavy rainfall**

that may cause flash flooding



**Tornadoes**

that may cause damage

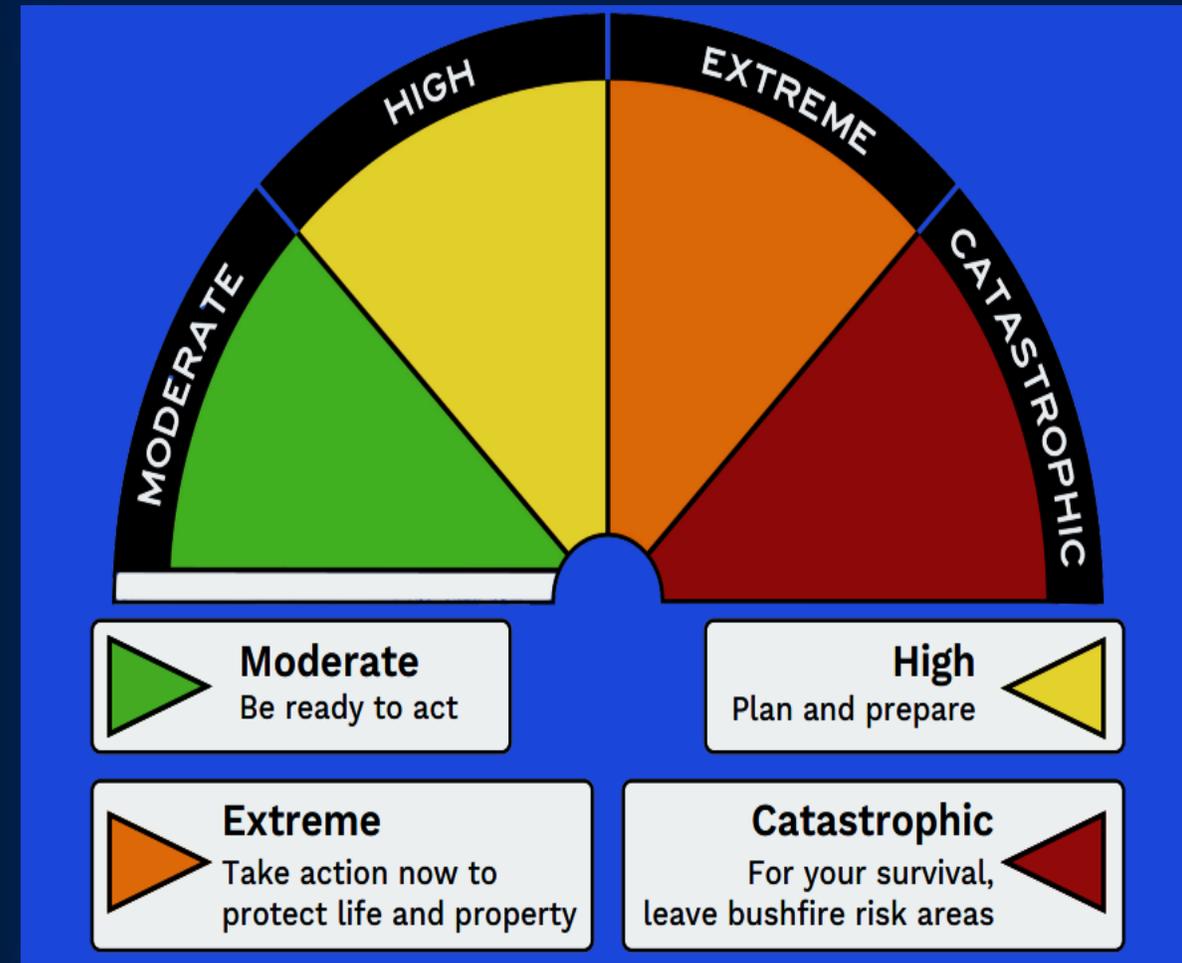




# WARNINGS AND ALERTS

## FIRE WEATHER AND BUSHFIRE

- Fire Danger Ratings are assessed together by Bureau and QLD Fire Dept
- Ratings are based on fire weather conditions using the Australian Fire Danger Rating System
- The Bureau publishes ratings daily
- They show the fire danger rating each day, and help you make decisions on actions to enact your bushfire plan



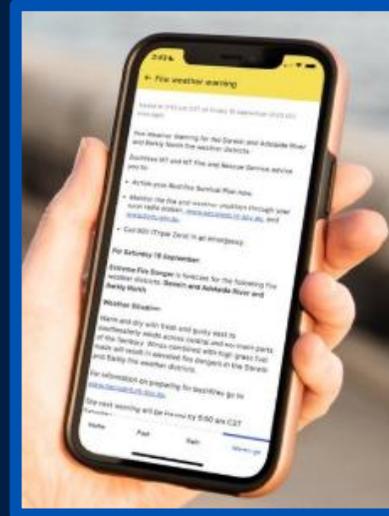


# WARNINGS AND ALERTS

## FIRE WEATHER AND BUSHFIRES

### FIRE WEATHER WARNINGS

- Issued by the Bureau when fire weather conditions are likely dangerous for an area



Queensland Fire Department



### BUSH FIRE WARNINGS

- Issued by QLD Fire Department for an actual bushfire or fire incident

Warnings	
	Watch and Act -PREPARE TO LEAVE - Takilberan - fire as at 5:14pm Wednesday, 8 October
	Watch and Act -PREPARE TO LEAVE - Nearum, Horsecamp and Doughboy - Multiple Warning
	Advice -STAY INFORMED - Didcot (near Biggenden) - fire as at 6:47pm Wednesday, 8 October



# WARNINGS AND ALERTS

## AUSTRALIAN WARNING SYSTEM

The Australian Warning System (AWS) was established in 2021 to provide consistent warnings for emergencies like bushfire, flood, storm, extreme heat and severe weather

- The AWS is issued by emergency services based on the action you need to take
- It is triggered by information provided by the Bureau



An incident has started  
No immediate danger  
Stay informed



Heightened level of threat  
Conditions are changing  
Start taking action



You may be in danger  
Act immediately  
Your life may be at risk





# WEATHER INFORMATION AND WARNINGS

## KEY TAKEAWAYS

- Severe weather can develop and escalate quickly, threatening lives and property
- The Bureau provides a wide range of weather products, services and information
- We have also introduced enhanced formats, features and tools, improving accessibility for Queensland's diverse people and communities
- Take time to explore available information
- Understand your weather and your risk and be as prepared as you possibly can this weather season!





# REMINDER: KEY RISKS THIS WEATHER SEASON



High coastal water temperatures may increase the thunderstorm risk for coastal QLD from mid to late Spring.



Increased risk of heavy rain, riverine and flash flooding



Warmer days and nights likely across QLD with unusually warm maximum day and night temperatures in the north.





# SPOTLIGHT ON: FLOODING

## FLOOD FACTS:

1. Flooding is anytime water extends over usually dry land
2. Floods can happen any time of year but are more likely during warmer months
3. Never drive, walk or swim in flood water – depth and current can be deceptive
4. Flood is the second highest cause of death from natural hazard in Australia – most of those deaths are preventable





# SPOTLIGHT ON: FLOODING

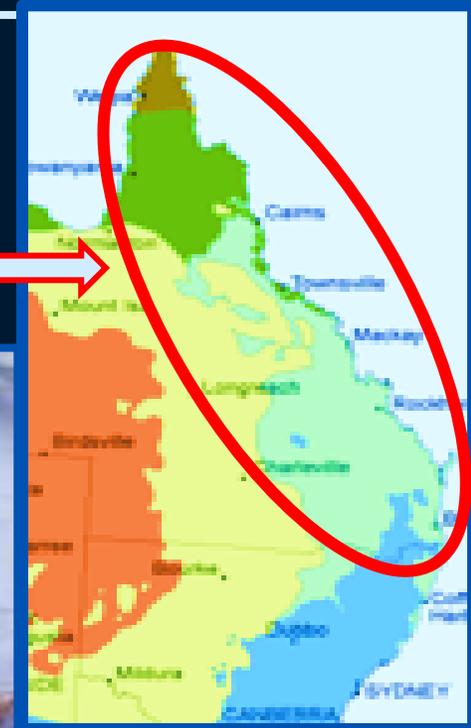
## FLOOD FACTS:

1. Different types of area receive different rainfall
2. Waterways also act differently based on area



YOUR LOCATION  
IMPACTS YOUR  
FLOOD RISK

3. Australia has many different climates – from a desert centre to alpine areas in Victoria and Tasmania
4. Tropical or sub-tropical areas get most rain though – like QLD
5. Elevated, hilly areas also attract higher rainfall and have catchments that respond and flow faster after rain – again, like QLD
6. Means increased flood risk in many QLD areas



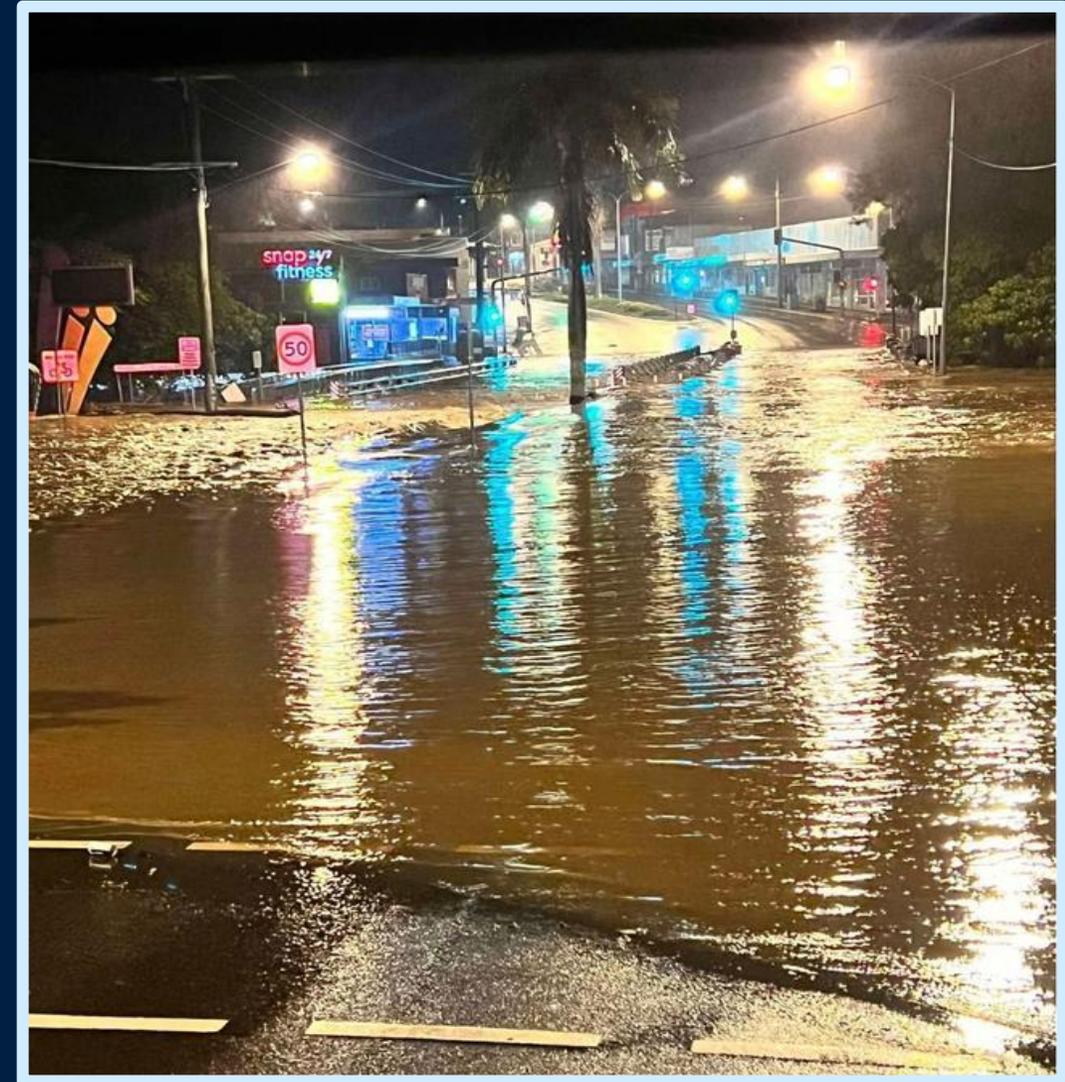


# SPOTLIGHT ON: FLOODING

## TYPES OF FLOODING

THERE ARE TWO MAIN TYPES OF FLOOD:

1. FLASH FLOODING and
2. RIVERINE FLOODING





# SPOTLIGHT ON: FLOODING

## FLASH FLOODING

**FLASH FLOODING OCCURS WITHIN 6 HOURS OF RAINFALL**

**IT CAN HAPPEN:**

- After short burst of heavy rain, such as a thunderstorm
- When soil is already saturated from prior rain
- Flash flooding tends to affect a localised area
- It can be a serious problem in urban areas if water exceeds capacity of drainage systems





# SPOTLIGHT ON: FLOODING

## PREPARING FOR FLASH FLOOD

### CHECK YOUR LOCAL:

- Severe Weather Warnings
- Thunderstorm Warnings

### CONSIDER:

- How much rainfall is expected
- Whether it has already been raining and how wet the ground is

Take time to know your local environment and the cues that suggest flash flooding is about to occur





# SPOTLIGHT ON: FLOODING RIVERINE FLOODING

- Occurs when rivers break banks and water covers surrounding land
- Riverine flooding usually caused by heavy rainfall, but can also be caused by king tides, storm surge, snowmelt and dam releases
- In inland parts of Queensland, riverine flooding can affect thousands of square kilometres for weeks or months at a time





# SPOTLIGHT ON: FLOODING

## PREPARING FOR RIVERINE FLOOD

- Learn about your local catchment and know where your nearest river systems are
- Check local government and other resources to see whether your area is prone to flooding
- Remember, **EVERY FLOOD IS DIFFERENT** – just because a river did not reach you last time does not mean you will not be impacted by flood waters during a different event





# SPOTLIGHT ON: FLOODING

## COASTAL FLOODING

### KING TIDE

- Exceptionally high tide that is a natural and predictable part of the tidal cycle
- King tides can significantly increase impacts and extent of riverine flooding

### STORM SURGE

- Occurs along shorelines when storms cause sea water to rise above normal or predictable levels
- Storm surge can cause coastal flooding
- If storm surge and riverine flooding combine, flood extent and impacts can increase significantly





# SPOTLIGHT ON: FLOODING "BLUE SKY" FLOODING

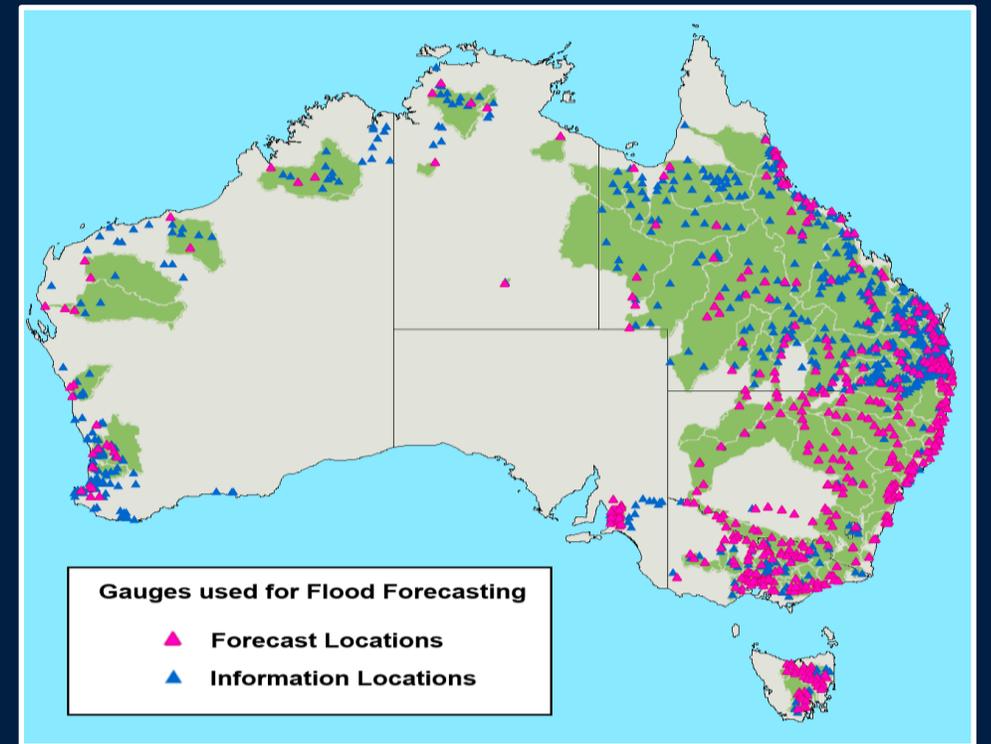
- Many Australian rivers are long and part of a complex systems
- Riverine flooding can continue weeks or months after initial rainfall and in some cases, hundreds of kms from where the rain fell
- For example:
  - The Murray River is Australia's longest river, at over 2,500 km long
  - Flood water in the upper Murray can take months to flow down to South Australia, where it drains



# NATIONAL FLOOD WARNING SYSTEM

We provide flood forecasting and warning services in each Australian state and territory, as part of the national Total Flood Warning System. To do this, we work with:

- Emergency management agencies
- Government departments with responsibility for water management
- Water authorities
- Local councils



# BUREAU ROLE IN FLOOD WARNINGS

There are many aspects to flood forecasting and warning. These include:

- Weather and water observations
- Forecasting and modelling flood scenarios
- Dam operator information
- Decision-making and response
- Review and testing

We work closely with state and territory governments, local councils and state emergency services (SES) to interpret the data and inform the community

State, territory and local governments are responsible for flash flood warnings





# SPOTLIGHT ON: FLOODING

## WHAT TO DO BEFORE AND DURING A FLOOD

1.

Learn the catchments or waterways you live near that can become flooded

2.

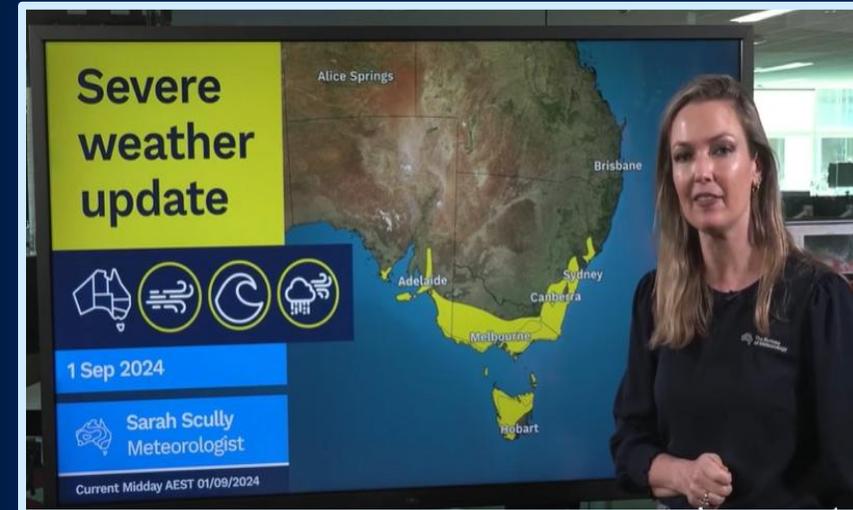
Know your emergency services, preparedness agencies and how to contact them

3.

Share knowledge, resources and contact details with your family, neighbours, colleagues and community – that's what networks are for!

4.

Check notifications and warnings for your area and listen to the Bureau's severe weather updates

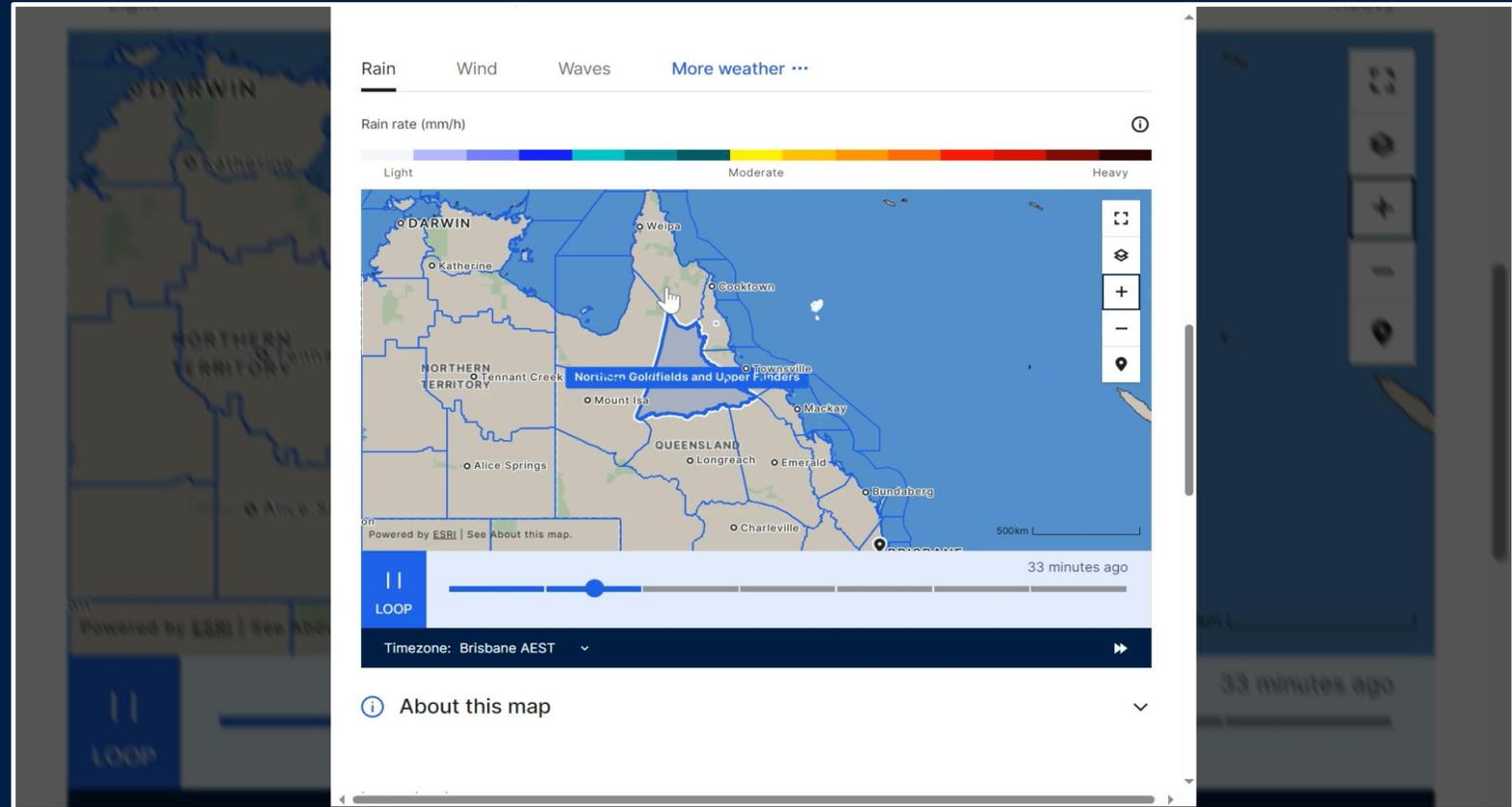




# SPOTLIGHT ON: FLOODING

## KNOW YOUR FORECAST DISTRICTS

- Forecast districts are used in Bureau warnings
- Knowing your home or current district is vital in an emergency
- Visit the Bureau's website to find the forecast district for your home, farm, family or destination:  
[www.beta.bom.gov.au](http://www.beta.bom.gov.au)





# SPOTLIGHT ON: FLOODING

## MONITORING CONDITIONS AND WARNINGS

[https://beta.bom.gov.au/  
weather-and-  
climate/warnings-and-  
alerts](https://beta.bom.gov.au/weather-and-climate/warnings-and-alerts)

[https://www.bom.gov.au/  
australia/flood/](https://www.bom.gov.au/australia/flood/)

### Flood watches and warnings

For the latest flood watches and warnings, see our Warnings and alerts page.

[Warnings and alerts](#)

### Rainfall and river conditions

You'll find information about rainfall and river conditions on our current website – we're still building this new one.

[Rainfall and river conditions](#)

You can also see streamflow forecasts for the [next 7 days](#) and the [season \(3 months\) ahead](#).





# SPOTLIGHT ON: FLOODING DISASTER RELIEF AUSTRALIA



Check them out:

- Focus on economically challenged and/or marginalised communities
- Coordinate relief and recovery teams and volunteer efforts
- Varied community preparedness programs and activities
- Big Map events are particularly valuable from a grass-roots, preparedness perspective



NB: DRA does a lot of work in the flood space, however, are an all-hazards organisation

<https://disasterreliefaus.org/>





# SPOTLIGHT ON: EXTREME HEAT HEATWAVE SEASON

## WHAT IS A HEATWAVE ?

The Bureau defines heatwave as 3 or more days of high maximum and minimum temps that are unusual for a location

Heatwaves have taken more lives and caused more adverse health outcomes than any other natural hazard in Australia

Queensland is experiencing an increase in frequency and duration of heat waves, including higher humidity and higher overnight temperatures





# SPOTLIGHT ON: EXTREME HEAT HEATWAVE

## Know your warnings this heatwave season



### Low intensity heatwave

- Most frequent during summer
- Most people can cope during these heatwaves
- We don't issue warnings for this heatwave category

### Severe heatwave

- Less frequent
- Likely to be more challenging for vulnerable people e.g. the elderly and people with health conditions
- We issue warnings for this heatwave category

### Extreme heatwave

- Rare
- People who don't take precautions to keep cool are at risk
- Take extra precautions if you work or exercise outdoors
- We issue warnings for this heatwave category





# SPOTLIGHT ON: EXTREME HEAT

## HEAT INTENSITY

- Heatwave conditions are very different to regular summer weather due to the **duration and intensity**
- Maximum and minimum temperatures must be unusually hot for at least three days for a heatwave to be forecast
- Remember, what's considered unusually hot is different for different locations. Heatwave forecasts consider the local climate





# SPOTLIGHT ON: EXTREME HEAT

## HEATWAVE WARNINGS AND ADVICE

The Bureau works with QLD Health to ensure people prepare for and stay safe during extreme heat conditions and heatwaves

- The Bureau issues heatwave warnings
- QLD Health advises people on how to stay safe at times of extreme heat

Other organisations such as [Sweltering Cities](#) also provide great advice and help advocate for heat safe practices, especially for those who are elderly, live with disability or are isolated





# SPOTLIGHT ON: EXTREME HEAT HEATWAVE WARNINGS AND ADVICE

## Heatwave Warning For Queensland

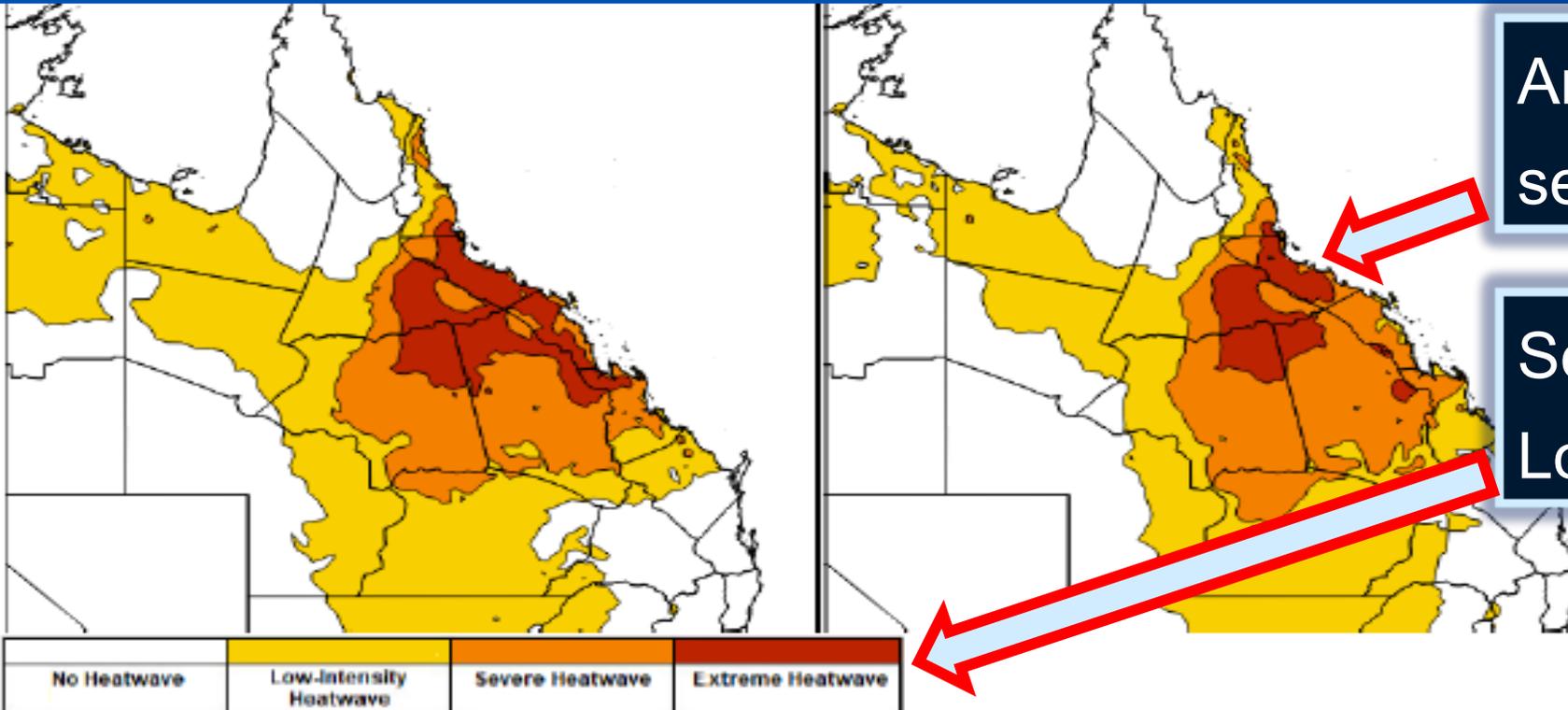
Issued at 01:23pm AEST on Thursday 1 September 2022

Valid for Tuesday 4 January 2022 to Friday 7 January 2022

**Extreme Heatwave Warning for:** Northern Goldfields and Upper Flinders, Herbert and Lower Burdekin, Central Coast and Whitsundays, Capricornia, Central Highlands and Coalfields and Central West Districts

**Severe Heatwave Warning for:** North Tropical Coast and Tablelands, North West, Channel Country and Maranoa and Warrego Districts

## EXAMPLE WARNING



Areas impacted by and severity of heatwave

Severity scale –  
Low, Severe or Extreme





# SPOTLIGHT ON: EXTREME HEAT HEATWAVE WARNINGS AND ADVICE

## HOW TO READ AND UNDERSTAND A HEATWAVE WARNING

IDQ21013

**Heatwave Warning For Queensland**

Issued at 01:23pm AEST on Thursday 1 September 2022

**Valid for Tuesday 4 January 2022 to Friday 7 January 2022**

**Extreme Heatwave Warning for:** Northern Goldfields and Upper Flinders, Herbert and Lower Burdekin, Central Coast Whitsundays, Capricornia, Central Highlands and Coalfields and Central West Districts

**Severe Heatwave Warning for:** North Tropical Coast and Tablelands, North West, Channel Country and Maranoa and Warrego Districts

**Cancelled Heatwave Warning for:** Gulf Country District

Heading and issue date

Duration of valid period of warning

List of affected weather districts and heatwave severity levels





# SPOTLIGHT ON: EXTREME HEAT HEATWAVE WARNINGS AND ADVICE

## HOW TO READ AND UNDERSTAND A HEATWAVE WARNING

### Safety Advice

- Extreme heatwaves can be dangerous for everyone.
- Severe heatwaves can be dangerous for many people, especially older people, babies, children, pregnant women, breastfeeding women, people with medical conditions and people who are unwell.
- Seek a place to keep cool, such as your home, a library, community centre or shopping centre.
- Close your windows and draw blinds, curtains or awnings early in the day to keep the heat out of your home.
- If available, use fans or air-conditioners to keep cool.

### Weather Situation

Maximum temperatures will reach the mid thirties to mid forties over the next few days with overnight minimums in the low to high twenties. Heatwave conditions are expected to ease from Friday.

Locations likely to be impacted include Bowen, Charters Towers, Clermont, Charleville, Emerald, Hughenden, Ingham, Longreach, Moranbah and Townsville.

For information on staying safe during a heatwave go to the [QLD Department of Health web page](#).

The next heatwave warning will be issued by 3:00pm AEST on Friday 2 September 2022

WEATHER SITUATION  
Impacted areas,  
expected temperatures  
and when heatwave  
might ease

QLD Health link

Next issue date





# SPOTLIGHT ON: EXTREME HEAT HEAT RISKS AND IMPACTS

- Everyone is impacted by extreme heat, but some people are more exposed to heat-related illness
- We need to be aware of our own risks and those of our friends, family, networks and communities

## **People most at risk during heatwaves:**

- People over 65, babies and young children
- People living with disability, chronic health conditions or taking some types of medication
- People living in energy inefficient homes
- Outdoor workers

<https://swelteringcities.org/>





# SPOTLIGHT ON: EXTREME HEAT

## HEAT RELATED ILLNESS

Heat-related illness can affect anyone and is caused by exposure to heat, sunlight and dehydration

**There are different levels of heat-related illness:**

- Heat cramps
- Heat rash (self treatment)
- Heat exhaustion (immediate first-aid)
- Heat stroke (medical emergency)

Speak to your doctor if you're concerned about your risk in the heat.

Always call 000 in an emergency.

<https://swelteringcities.org/>





# SPOTLIGHT ON: EXTREME HEAT HEAT RELATED ILLNESS

<https://swelteringcities.org/>

## Heat Exhaustion

Dehydration due to fluid loss in a hot environment or excessive physical activity.

### Symptoms:

- mildly higher body temperature
- cool, pale, clammy skin
- thirsty
- headache
- muscle cramps
- rapid, weak pulse
- fainting
- dizziness

### Treatment

Move to shade, remove excessive clothing, immerse hands and feet in cold water, moisten skin, fan.

If fully alert give frequent, small drinks of water.

## Heat Stroke

Life-threatening emergency where a person may fall unconscious. Unable to regulate temperature, organ damage may occur.

### Symptoms:

- reduced sweating
- high body temperature (above 40°C)
- dry, flushed, hot skin
- nausea
- muscle spasm
- pain throughout body
- unusual behaviour/confusion
- seizure/unresponsive

### Treatment

Call 000

Cool down with wet towels, fans ice packs on neck, groin & armpits. Have them take a cold shower or bath.

If unresponsive place in the recovery position & prepare for CPR.



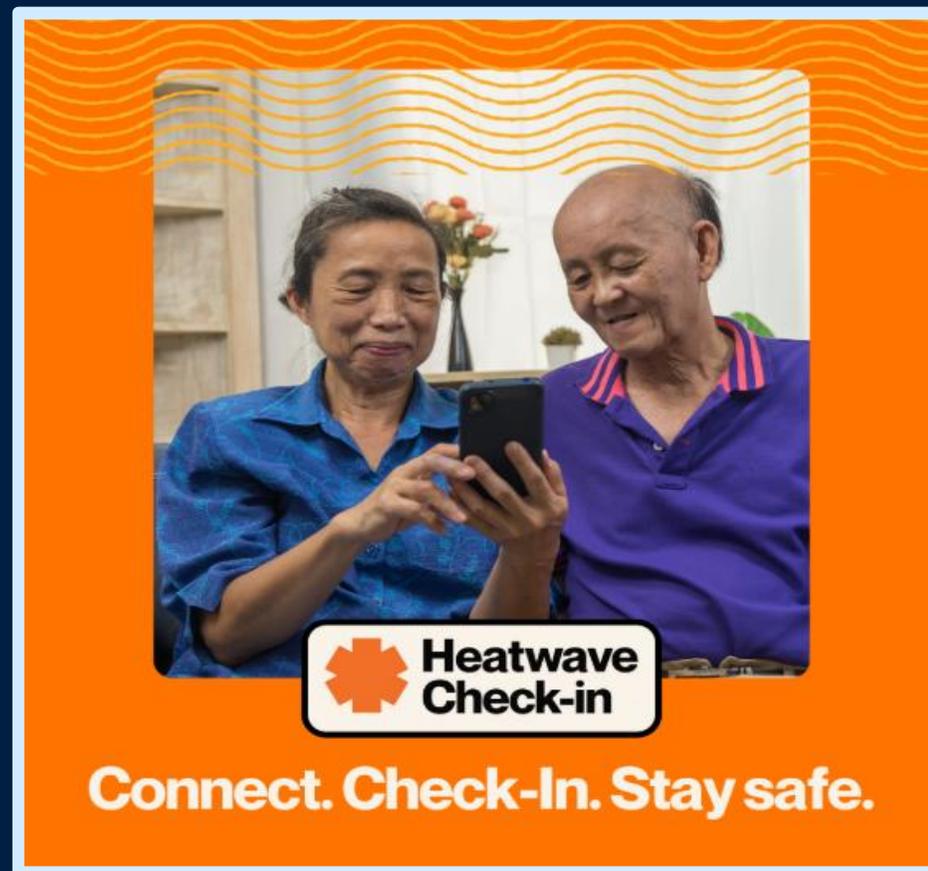


# SPOTLIGHT ON: EXTREME HEAT

## TOOLS AND TIPS TO COMBAT THE IMPACTS OF HEAT

Check in on your friends, family, network and community:

- Pick up the phone and call
- Drop in or meet up
- Share health advice and experiences
- Encourage others to be heat safe and to check in as well



<https://swelteringcities.org/>





# SPOTLIGHT ON: EXTREME HEAT

## TOOLS AND TIPS TO COMBAT THE IMPACTS OF HEAT

### Who should we be checking in on?



#### People who might get sick in the heat

Different people who might struggle in the heat include people over 60, people with disabilities and chronic illness (like diabetes, mental illness, or respiratory illness), young children and people who are pregnant, and people on certain medications that make it harder for their bodies to cool down.



#### People who can't stay cool at home

Many Australian homes are low energy efficiency, so they don't provide much protection from heat or cold. If you live in a hot home, your body will have to work hard to keep cool. Hot nights mean your body doesn't get much relief.



#### People who are isolated or live alone

We know that people who are isolated or live alone can be in danger of getting sick in the heat, and when nobody checks in on them they could be in very serious danger. Studies show people who are vulnerable to getting sick in the heat but have social or family connections are less likely to die.

<https://swelteringcities.org/>





# SPOTLIGHT ON: EXTREME HEAT

## TOOLS AND TIPS TO COMBAT THE IMPACTS OF HEAT

### HEATWATCH APP

- Allows you to personalise your heat information
- Input your location, to see heat forecast and real-time tips to beating the heat.
- Add in health conditions to understand how heat specifically impacts you
- Creating profiles for your family and friends

<https://heatwatch.sydney.edu.au/>





# SPOTLIGHT ON: EXTREME HEAT

## TOOLS AND TIPS TO COMBAT THE IMPACTS OF HEAT

HeatWatch Home Personalise About

Select your location:

Current Heat Health Risk: **Minimal**

Max Heat Health Risk Today: **High** at 1 PM

Now Max today

Minimal Low Moderate High Severe Extreme

Detailed cooling recommendations

### Heat Health Risk Forecast

#### Today

Heat Health Risk

Min. Low. Mod. Hig. Sev. Ext.

Time of day

Saturday	Max Risk: <b>Extreme</b>
Sunday	Max Risk: <b>Extreme</b>
Monday	Max Risk: <b>Severe</b>
Tuesday	Max Risk: <b>Low</b>
Wednesday	Max Risk: <b>Low</b>

<https://heatwatch.sydney.edu.au/>

OFFICIAL

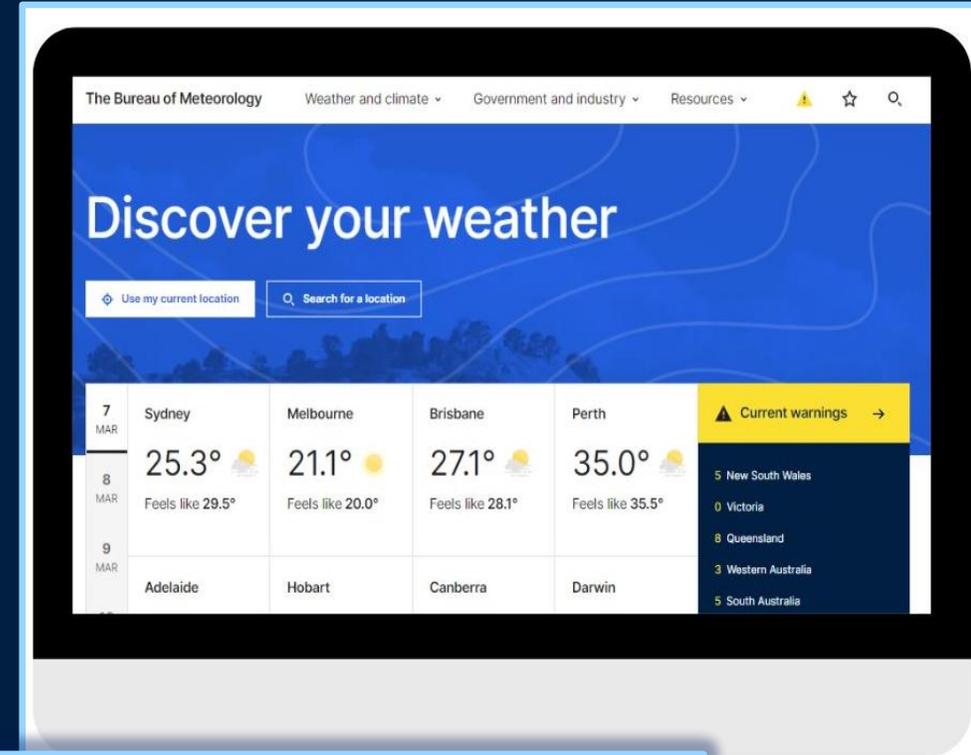




# BUREAU RESOURCES CONNECT WITH US!

It is our job to:

- Provide all Queenslanders with trusted, reliable and responsive weather services – All day, every day, when you need it!
- Help us help you!
- Subscribe on the Bureau website
- Download the BOM App



Start here



Get warning notifications direct to your device



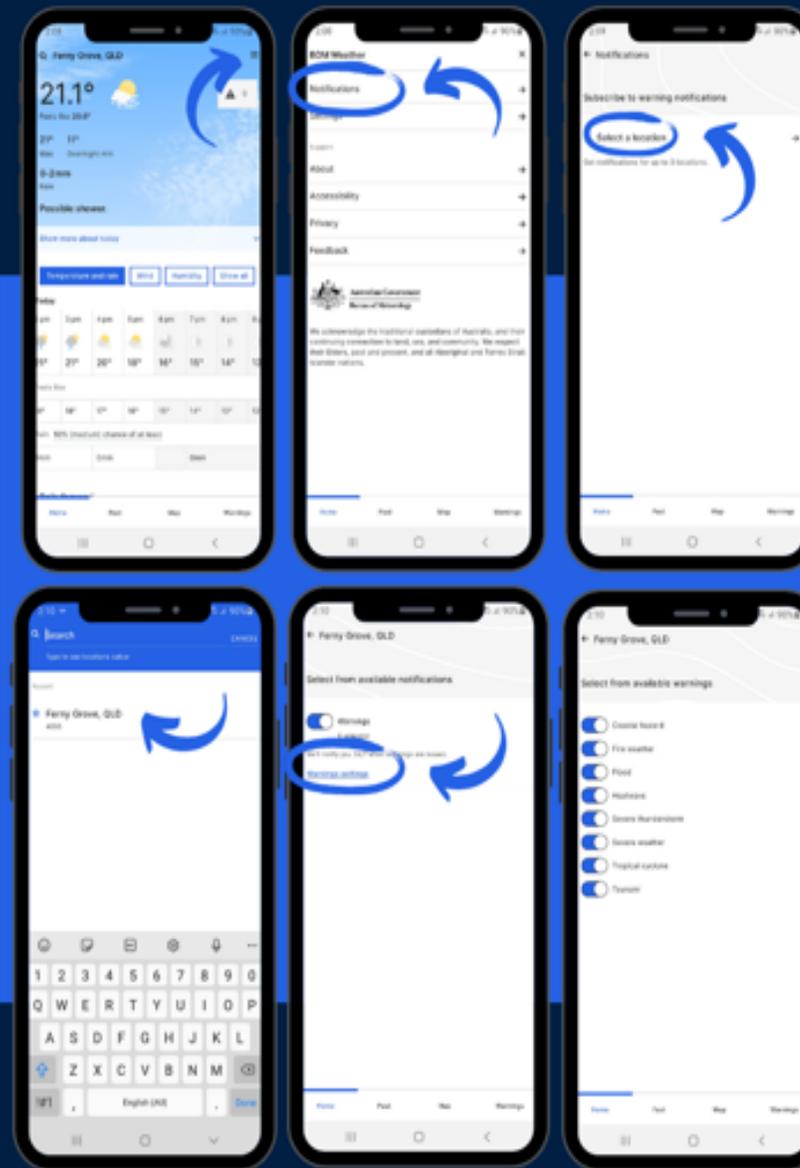


# BUREAU RESOURCES

## DOWNLOAD THE BOM APP

### AND TAILOR YOUR SETTINGS

- Reduce the impacts of severe weather by getting ready before it happens
- Localised warnings provide vital information to help people prepare for hazards and in times of severe weather
- Tailor your warnings and locations so you can prepare yourself, family and friends, pets and property
- Download from App Store or Google Play



Set up  
your  
warnings  
and  
notifications



Download the BOM App  
Your weather, from anywhere.



# BUREAU RESOURCES

## BOM APP – NOTIFICATION TIPS

1. Select your own location and one or two additional locations so you can monitor, and help loved ones or business locations stay prepared
2. Use additional locations to monitor conditions for an upcoming trip
3. Select only the notifications or warnings important to you
4. De-select notifications that are not relevant to you and avoid unnecessary clutter that may make you miss important notifications

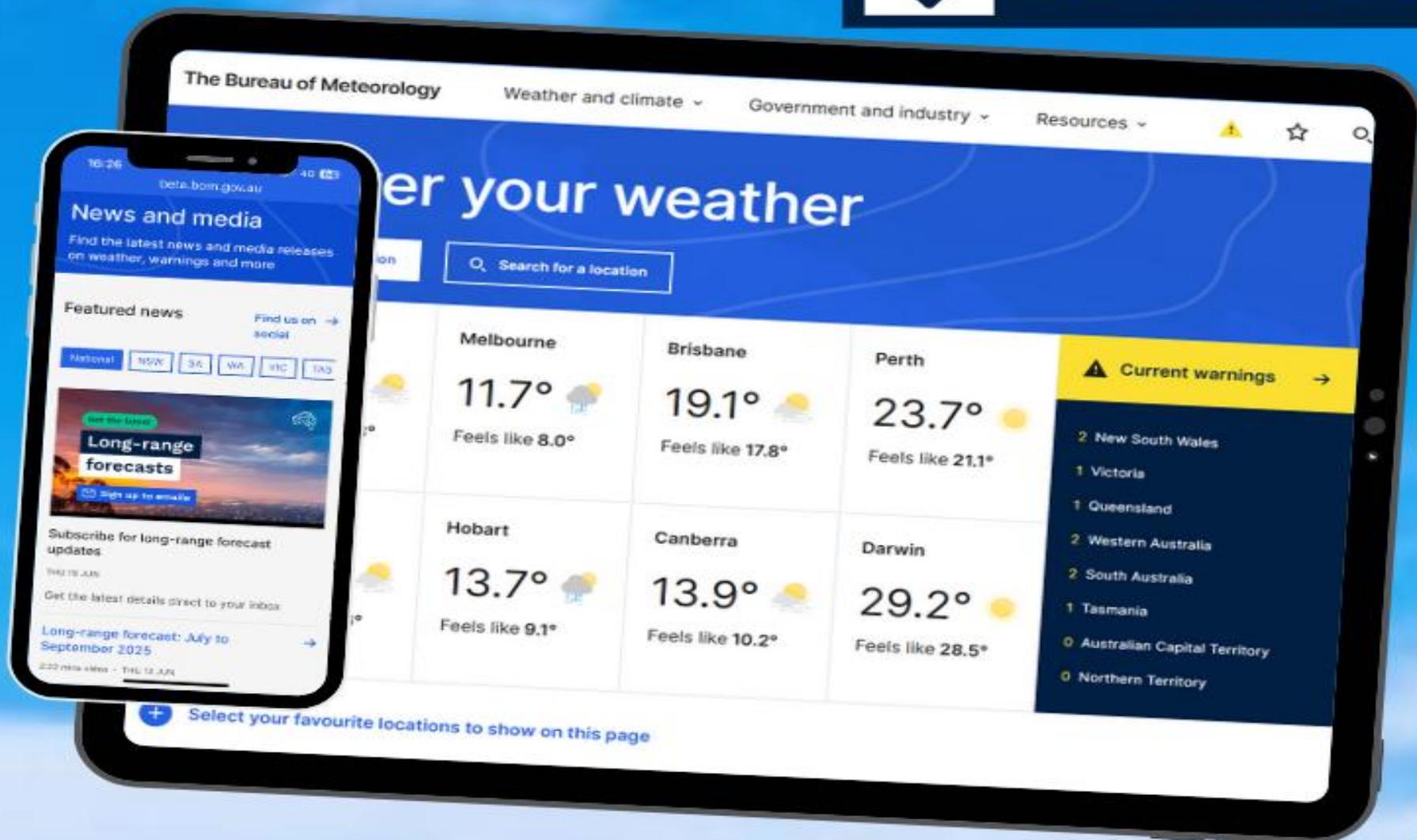




# Are you ready for a new website experience?



## 22 October 2025



OFFICIAL





# BUREAU RESOURCES

## VISIT THE NEW BUREAU WEBSITE

- Official launch date – 22 October 2025 – **TODAY (!)**
- New look and feel – similar to BOM App
- Improved navigation and accessibility features
- Easy to access short-range and long-range forecasts
- Knowledge Centres where you can explore more detailed information and learn about the weather that interests you
- Improved links to warnings, notifications and the information you need
- More detailed info/tip sheet will be provided within post-session pack





# QUESTIONS...?





For assistance locating weather information for you or someone you care for, please contact the Bureau's Weather Connect team by email at [weatherquestions@bom.gov.au](mailto:weatherquestions@bom.gov.au) or by phone on 1300 754 389

**THANK YOU!**

