

# EXTREME TEMPERATURES

## Stay safe!

At Uluru temperatures are considered extreme once it reaches 36°C or above.

Uluru is a beautiful but harsh environment. Heat exhaustion, dehydration and hyponatraemia (loss of blood salts) are very real dangers here. Here are some simple steps to keep you and your family safe visiting our park.

## Tips to help you stay safe...



Carry and drink at least one litre of fluids per person per hour. We don't recommend that you consume sports drinks, diet cordials or caffeinated drinks as these can contribute to dehydration



Consider carrying an electrolyte product with you such as Hydrolyte / Gastrolyte. These are designed to replace lost fluids and electrolytes and is readily available at supermarkets, including the Yulara IGA



Eat regularly, even if you don't feel hungry. Ensure that you take food with you on all walks



Wear a hat, strong shoes and sunscreen



Walk with another person at all times and in the cooler parts of the day (before 11.00 am)



Stay on the track at all times

Take all warnings and recommendations seriously. If you have any concerns about your health or fitness we recommend that you avoid activities, including walking, in extreme heat.

Familiarise yourself with the symptoms of heat stroke and heat stress (over the page)



If you have an **EMERGENCY** or need assistance call **000** or press an emergency alarm



### Symptoms

**Familiarise yourself with the symptoms of heat stress, heat stroke and hyponataemia BEFORE you depart on any walks!**

#### Heat stress and heat stroke

- Thirst / dry mouth / dry lips
- Cold / clammy sweating
- Painful involuntary muscle spasms
- Headache
- Irritability
- Confusion
- Dizziness
- Nausea
- High body temperature (over 38.5°C)
- Altered mental state, confusion, disorientation or rapid development of unconsciousness
- Dry skin (though this is not often present)
- Dry swollen tongue
- Rapid, strong pulse at first, then weaker
- Fits or seizures, coma

#### Hyponatraemia

Hyponatraemia is caused by an imbalance of sodium electrolytes within the body, as a result the body develops the inability to regulate water.

- Headache
- Nausea, vomiting
- Lethargy or irritability
- Hyporeflexia (absent or reduced reflexes)
- Decreased conscious state
- Seizure

### TRACK CLOSURES DURING EXTREME TEMPERATURES

When the forecast or actual temperature reaches 36°C or above the following track closures are implemented:

- Uluru climb closes at 8.00 am for the remainder of the day
- Valley of the Winds track closes at the first lookout (Karu Lookout) from 11.00 am for the remainder of the day.

When the forecast or actual temperature reaches 40°C or above the following track closures are implemented:

- The North-east section of the Uluru Base Walk closes from 11.00 am for the remainder of the day.
- The Lungkata Walk (between Mala car park and Kuniya walk intersection) closes from 2.00 pm for the remainder of the day.

