A Roadmap for Global Heat Resilience
Climate change poses the greatest health threat to humanity, and the world is dangerously unprepared for rising temperatures and heatwaves that are more frequent, longer and more intense. Immediate, coordinated action can reduce the projected rise in deaths and health issues.

Vulnerability and response:
Everyone is at risk, particularly those with reduced ability to cope with extreme heat, such as people who are young, older or pregnant, or living in unsuitable environments. Historically, government efforts have focused on short-term responses rather than building long-term resilience based on human physiology.

Our commitment:
We support initiatives that establish ‘virtuous cycles’ of well-being and productivity, urgently addressing the climate change crisis and enhancing heat resilience, thereby promoting healthier, more prosperous communities.

We aim to enhance global heat resilience by prioritising six cross-cutting themes:
1. Prevention and preparation: Focus on medium- and long-term strategies for the whole population, with a specific focus on vulnerable populations.
2. Coordinated efforts: Align heat-related activities at all government levels with clear accountability.
4. Targeted Heat Action Plans: Use vulnerability assessments to focus efforts on those most at risk.
5. Enhanced collaboration: Foster cooperation across countries, sectors, and scientific disciplines, incorporating transdisciplinary approaches.
6. Future prosperity and sustainability: Promote sustainability and productivity for a brighter, prosperous and secure future.

By integrating these themes across focused areas of action, we can help to mitigate the health impacts of rising temperatures and contribute towards a resilient and thriving future for all communities.

Next Steps for the UK: National Action Plan for Heat Resilience

To align with the Roadmap for Global Heat Resilience, the UK should focus on five key areas: collaboration, public health, infrastructure, workforce, and research.

By focusing on these detailed actions and government roles, the UK can lead the way in building a heat-resilient future for its communities and support international action.

Drive collaboration to foster cooperation across governments, research disciplines, and civil society to enhance heat resilience.

Our organisations will work to:
1. Build a research and policy ecosystem: Create networks to facilitate the exchange of ideas and best practices in heat resilience.
2. Increase global collaboration: Actively seek partnerships to enhance global efforts in mitigating heat-related health impacts.

We call on governments across the UK to:
1. Take a cross-government approach: The Cabinet Office should lead a coordinated national effort, involving devolved and regional administrations, to improve medium- and long-term heat resilience.
2. Advocate internationally: Advocate for the prioritisation of health and heat resilience in global climate agreements and support the development of national action plans.
Cultivate community heat resilience to reduce heat-related health risks in vulnerable communities through education and preparedness.

Our organisations will work to:

1. **Raise awareness**: Use our networks to educate the public on the health risks associated with rising heat and the importance of preparedness.
2. **Advocate for public health measures**: Promote policies that protect public health as temperatures rise and during extreme heat events.

We call on governments across the UK to:

1. **Expand public health education**: Implement programs focusing on medium- and long-term behavioural changes such as increased physical activity and better nutrition to improve heat resilience.
2. **Improve access to fitness opportunities**: Provide easy and affordable access to sports facilities, especially for vulnerable populations.
3. **Enhance early warning systems**: Develop systems to inform the public about immediate actions to take during extreme heat events.

Build infrastructure resilience to ensure our built environment, transport and utility systems are resilient to heat through sustainable design and materials.

Our organisations will work to:

1. **Increase opportunities to incorporate heat resilience into design**: Foster cooperation among research, health, engineering, planning, and design sectors to integrate consideration around physiological impact of heat into infrastructure projects.
2. **Focus on long-term resilience**: Promote long-term strategies to ensure buildings and urban spaces can withstand extreme heat and support people to adapt to rising temperatures.

We call on governments across the UK to:

1. **Update planning codes**: Mandate thermally efficient design principles in building codes, including green infrastructure and cooling solutions.
2. **Promote human-centred design**: Determinants of human thermal comfort and heat illness should be at the heart of designs and interventions to mitigate heat-related problems.
3. **Prioritise green spaces**: Increase the integration of green spaces in urban planning to provide natural cooling areas for the public.

Protect the workforce to safeguard worker health and productivity in rising temperatures.

Our organisations will work to:

1. **Develop heat response plans**: Engage with employers and employer organisations to support the creation of plans that ensure the safety and productivity of workers during extreme heat.
2. **Research occupational heat exposure**: Focus on research that addresses the vulnerabilities of workers exposed to high temperatures.

We call on governments across the UK to:

1. **Implement occupational guidelines**: Develop comprehensive guidelines for managing occupational heat exposure, considering factors like temperature, humidity, air flow and pollutants, and be based on the physical activity level requirements of the role, ability to mitigate exposure to heat and types of Personal Protective Equipment (PPE) worn. For example, consideration could include statutory guidance on maximum temperatures.
2. **Support small employers**: Provide resources and assistance to smaller businesses to help them implement heat safety measures.
3. **Invest in training**: Enhance worker training programs to equip them with skills to support their own safety and future productivity.

Address knowledge gaps and accelerate research to improve transdisciplinary research and speed up the translation of research into actionable policies, focusing on vulnerable populations.

Our organisations will work to:

1. **Foster transdisciplinary integration**: Create opportunities for collaboration between different research domains, sectors, and professional bodies.
2. **Accelerate research translation**: Ensure that research findings are quickly and effectively translated into policies and actions.

We call on governments across the UK to:

1. **Provide leadership**: Offer high-level political support to direct funding and attention towards closing knowledge gaps.
2. **Facilitate knowledge sharing**: Establish platforms to share research findings, challenges, and solutions.
3. **Prioritise strategic research and invest in future development opportunities**: Focus on research that can drive the UK towards being a leader in sustainable, productive, and heat-resilient practices and technologies globally.

Stay up-to-date with our Climate and Physiological Resilience Network (CPRN)

Join our Network to hear about upcoming projects, events and reports in human health and climate resilience.