Neil
Hello and welcome to The English We Speak. In this programme we have an expression which you can use when you are under a lot of pressure. I'm Neil and joining me is Feifei.

Feifei
Hello.

Neil
Feifei, if you don't mind me saying, you're looking a little… informal today.

Feifei
Well it's true I wouldn't normally come to work in my beachwear but you did warn me about the temperature.

Neil
The temperature? To be honest the temperature feels pretty normal in here today and… well, no one else is wearing a bikini.

Feifei
So why did you text me to say, 'Just to warn you, the heat is on'?

Neil
Ahhh I see. I meant that we've got to record and publish the programme by midday – so we're under pressure to get it done. The expression 'the heat is on' is not actually connected to the temperature… Sorry.

Feifei
(embarrassed) Right. OK. Let's hear some examples while I wrap myself in a towel:

Examples
The deadline's tomorrow and we haven't even started! The heat's really on now.

The heat is on for United. If they don't win their last 5 matches they'll lose their place in the Premier League.
Feifei
So, 'the heat is on' is an expression you can use to describe a high-pressure situation.

Neil
Yes and the heat might really be on for you now, Feifei.

Feifei
What do you mean?

Neil
Well, swimwear is against the office dress code. Look out! Here come the BBC fashion police.

Feifei
Quick – throw me my flip-flops and I'll run!

Neil
Off you go. Bye!