



## **Parkfield Heatwave Risk Assessment JULY 18th/19th 2022**

During a heatwave we will endeavour to keep everyone safe and make sure they drink plenty of water and avoid being exposed to the sun for too long – this is especially important for our children.

Schools have not been advised to close all together, but school leaders will make sure that we take every step necessary to make sure children are safe and comfortable.

We will follow the guidance from the Department of Education and the Department of health and social care.

### **Information given to schools and nurseries:**

#### **Children are more susceptible to high temperatures than adults**

According to the [Department for Health and Social Care](#), children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat-related illness can range from mild heat stress to heatstroke.

The main risk from heat is dehydration (not having enough water in the body). If sensible precautions are taken children are unlikely to be adversely affected by hot conditions but teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke

These are the following symptoms:

**The signs of heat exhaustion include:**

- a headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- fast breathing or pulse
- a high temperature of 38C or above
- being very thirsty

**Signs of heatstroke include:**

- high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination
- fits
- loss of consciousness

As a school we will do the following to mitigate these things happening:

- We will not allow the children to take part in any vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C. We will encourage children who are outdoors to stay in the shade as much as possible
- We will allow Children to wear their own clothes that are loose that are light-coloured to help keep cool,

- Wear sun hats with wide brims and stay in the shade as much as possible.
- If Sunscreen has not been applied by parents, we can, if necessary apply sunscreen to protect skin,
- All children will be provided with the opportunity to drink plenty of water and refill their water bottles.
- We will ventilate the rooms as much as possible; ventilation will start before the children arrive to allow the rooms to cool as much as possible.
- We will try to limit the lighting keeping it to a minimum and electronic equipment not used to limit the heat this generates.
- Oscillating mechanical fans will be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans they may not prevent heat-related illness and may worsen dehydration and this will be monitored throughout the day.

The school will always monitor the temperature and situation throughout the day. When temperatures are exceeding 30/35 degrees; keeping in mind the safety of both children and staff this may lead to the collection of children; when rooms have become too hot and are putting lives at risk of heatstroke or heat exhaustion.

As parents you may also have to evaluate the risks associated with extreme heat especially if any children have underlying health issues. It is best to speak to the school directly and have that discussion.

July 2022.