

Risk Assessment for Extreme Heat

Young children may be at increased risk of adverse effects of heat

Risk		
<p>Children cannot control their body temperature as effectively as adults in high temperatures and so this leads to an increase in heat related illnesses: heat stress, heat stroke, dehydrations</p>	<p>Staff are aware of signs and symptoms of heat related illnesses and monitor the children through out the session. Signs and Symptoms are below</p>	<p>If any child develops these signs and symptoms during the session then parents will be informed so that they can collect their child.</p> <p>Staff to try and reduce child's core body temperature by: Move child to a cool space (HT corridor & Office often the coolest) Cool child with damp towels, use cool water (25 – 30°) not cold water. If child is unresponsive for 30 mins call 999.</p> <p>Guidance given to parents on collection (see below)</p>
<p>Protecting Children in the outdoors</p>	<p>Children should not be taking part in vigorous physical activity</p> <p>When using the outside set up activities in shaded areas.</p>	<p>Bikes and balls which encourage running to be put away</p> <p>Orchard garden is more shady, especially at the hottest part of the day and so Meadow garden will be closed and children will use Orchard garden</p>

Protecting Children in the indoors	<p>Windows opened when school is unlocked (7am – 8am)</p> <p>Fans on throughout the indoor spaces.</p> <p>Use of electric lights kept to a minimum</p> <p>Smartboards/ laptops/ PCs not in use turned off – not on standby</p>	<p>Spaces that are warm but have no fan will be closed off</p> <p>Fans should be used under 35° – Over 35° it will not be effective against the effects of the heat</p> <p>Lights only used if absolutely required</p>
Clothing	Correspondence sent to parents asking for light clothing, Sun cream applied prior to nursery session and wear a sun hat	Sun hats available in school too.
Drinking	Drinks available throughout the session. Children sent for drink breaks at regular intervals.	Children who are not drinking may need squash to ensure they are rehydrating. SEND children who regularly don't drink at nursery to be offered ice pops
Planning	Use plenty of water play activities to support the reduction of the core temperature.	
Attendance	Parents will not be penalised if choosing not to send their child into nursery during the extreme heat warning.	If there child is kept off due to the concerns for the heat the office will mark it as X. Nursery is non-statutory and parents who are able to may decide that nursery is not as safe as keeping their child at home.
Staff	Staff must ensure they have water with them throughout the day. Staff to top up water bottles/ cups regularly	

Heat stress

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may 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

Information for Parents if a child is sent home due to developing symptoms of heat related illness

The following steps to reduce body temperature should be taken immediately:

1. Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
2. Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan.
3. Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.

If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.