



Waverley School

Heatwave Risk Assessment (July 2022)

Department of Education Advice for Schools
Issued on 15th July 2022:

'We are not advising schools or other settings to close. Individual leaders are responsible for managing their own local circumstances. They should refer the Emergency Planning Guidance and carry out risk assessments in line with government guidance on looking after children and young people, as well as those in early years settings during heatwaves.'

Heatwave on 18th and 19th July 2022

During this period of very hot weather, we are already taking actions to protect children and staff. The Met Office has issued a rare **Red Extreme Heat Warning (High Likelihood of High Impacts)** at the beginning of the week beginning 18th July to cover the potential impact from the high temperatures. These could include **health impacts** on the most vulnerable in our society, including those with pre-existing medical conditions such as cardiovascular and respiratory diseases, but it can also lead to heatstroke and heat exhaustion even on those who are normally fit and healthy.

School leadership will assess the site at regular intervals throughout the day and in accordance with the government guidance below

Should the temperature further rise as predicted, in response to the additional risks from this heat, we are taking the following measures, some of which are already in place:

- children will not take part in vigorous physical activity
- when children are outdoors, they will be encouraged to stay in the shade as much as possible
- children should wear loose, light-coloured clothing (including their PE kit if they wish, or another light-coloured plain t-shirt and their PE shorts/light fabric track suit bottoms) to help keep cool, and sunhats with wide brims to avoid sunburn
- parents are encouraged to apply sunscreen (at least factor 15 with UVA protection) before children come to school
- children will have access to plenty of water during breaks and lunchtimes and will be encouraged to drink more than usual. The school is asking parents and carers to support in the role of keeping children hydrated. **Parents and carers are highly advised to provide plenty of water or**



squash each day. Pupils can bring several water bottles to school, which can be kept in their school bag. Children should not be drinking fizzy, caffeinated, or high energy drinks- these can lead children to a 'crash' in terms of having a high energy spike effect on children, which can then fall rapidly. The school is advising water and/or squash only for hydration.

- staff are encouraged to wear loose, light-coloured clothing to help keep cool and encouraged to drink more water than usual

Which individuals are likely to be most affected by high temperatures?

Children's and adults' susceptibility to high temperatures varies.

- Those who are overweight or who are taking medication may be at increased risk of adverse effects
- Children under 4 years of age are also at increased risk
- Some children and adults with disabilities or complex health needs as well as the elderly may be more susceptible to temperature extremes

Within the school we:

- reduce the time children are outside. On very hot days (that is, where temperatures are in excess of 30°C) children should not take part in vigorous physical activity
- children playing outdoors should be encouraged to stay in the shade as much as possible
- open windows as early as possible in the morning before children arrive to allow stored heat to escape from the building
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- close indoor blinds or curtains, but do not let them block window ventilation
- keep the use of electric lighting to a minimum
- switch off all electrical equipment, including computers, monitors and printers when not in use – equipment should not be left in 'standby mode' as this generates heat
- where possible, use spaces which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on children
- encourage children to eat normally and drink plenty of cool water
- expect the site to stay open
- seek advice from our school nursing team



Health risks from heat

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 potentially life-threatening 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, however, teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

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



Actions to protect children suffering from heat 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.
4. 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.

Government guidance about actions in response to a heatwave:

- [Heatwave Plan for England: Protecting health and reducing harm from severe heat and heatwaves \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)
- <https://www.gov.uk/government/publications/heatwave-plan-for-england/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals>
- <https://www.gov.uk/government/publications/heatwave-plan-for-england/beat-the-heat-keep-cool-at-home-checklist>

General key government public health messages during a heatwave

Stay out of the heat:

- keep out of the sun between 11am and 3pm
- if you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf
- avoid extreme physical exertion
- wear light, loose-fitting cotton clothes

Cool yourself down:

- have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks or eat cold foods, particularly salads and fruit with a high-water content to take a cool shower, bath or body wash
- sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck



Keep your environment cool:

- keeping your living space cool is especially important for infants, the elderly or those with chronic health conditions or who can't look after themselves
- keep windows that are exposed to the sun closed during the day
- turn off non-essential lights and electrical equipment – they generate heat
- if possible, move into a cooler room, especially for sleeping
- electric fans may provide some relief, if temperatures are below 35°C

Look out for others:

- keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool
- ensure that babies, children or elderly people are not left alone in stationary cars
- check on elderly or sick neighbours, family or friends every day during a heatwave
- be alert and call a doctor or social services if someone is unwell or further help is needed

If you have a health problem:

- keep medicines below 25 °C or in the refrigerator (read the storage instructions on the packaging)
- seek medical advice if you are suffering from a chronic medical condition or taking multiple medications

If you or others feel unwell:

- try to get help if you feel dizzy, weak, anxious or have intense thirst and headache; move to a cool place as soon as possible and measure your body temperature
- drink some water or fruit juice to rehydrate
- rest immediately in a cool place if you have painful muscular spasms (particularly in the legs, arms or abdomen, in many cases after sustained exercise during very hot weather), and drink oral rehydration solutions containing electrolytes
- medical attention is needed if heat cramps last more than one hour
- consult your doctor if you feel unusual symptoms or if symptoms persist