

WORKING IN SUMMER (Heat Policy)

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Reviewed by JH 10/10/2024

All Employees must be aware of the signs and symptoms of heat illness.

Heat illness begins with “Heat Stress”, untreated it will escalate to “Heat Exhaustion” and then “Heat Stroke”.

Heat Exhaustion and Heat Stroke require immediate medical assistance.

All staff must be vigilant of the below signs:

Symptoms of Heat Stress

- Behaviour out of character
- Shows signs of discomfort
- Irritability
- Will worsen with physical activity

Symptoms of Heat Exhaustion

- Tiredness
- Dizziness
- Headache
- Nausea
- Vomiting
- Hot, red and dry skin
- Confusion

Symptoms of Heat Stroke

- High Temperature (above 40C is considered major)
- Red, hot skin
- Sweating that suddenly stops
- Fast heartbeat
- Fast, shallow breathing
- Confusion and/or lack of co-ordination
- Fits and/or loss of consciousness

In the case of the above symptoms, the following steps should be taken:

REDUCE CHILD'S TEMPERATURE

1. Move child indoors, to the coolest room possible
2. Encourage child to drink cool water
3. Cool the child as rapidly as possible – eg. Sponge, water spray, cool packs around neck and armpit, wrap child in cool, wet sheet, use a fan

*If the child is showing signs of Heat Exhaustion or Heat Stroke and doesn't respond to the above treatment within 30 minutes **CALL 999** to request an ambulance*

*If a child loses consciousness, or has a fit, place the child in the recover position and **CALL 999**.*

RECOVERY POSITION

PREVENTION OUTDOORS

- When temperature exceeds 30c – children should not be doing vigorous physical activity
- Encourage playing in the shade
- Children should be clothed in loose, light coloured clothing.
- Sunhats with wide brims must be worn
- Sun cream (minimum factor 25, with UVA protection) should be worn whenever going outside
- Children should have access to water at all times, and should be encouraged to drink it

PREVENTION INDOORS

- Open windows early in the morning. Overnight in cases of high heat.

- Keep windows open only partially when the outside air is warmer than inside (to allow ventilation)
- Use awnings, blinds, curtains and other window coverings but do not block ventilation
- Reduce electric lighting
- Switch off unnecessary electrical equipment that may produce heat
- Use mechanical fans to increase air circulation (up to 35c)
- Consider changing opening times in extreme cases
- Encourage children to drink plenty of water