

Aspire Federation – Risk Assessment for extreme temperatures in school *(updated Sunday 17.07.22)*

In order to mitigate the effects of extreme heat on staff and pupils the following steps should be adhered to. The greatest risk to all is dehydration. Those most at risk are children under 4 years and children who are overweight. As is usual practice, a parent will be contacted and ask to collect their child from school if they are feeling unwell. If temperatures become intolerable in school then parents will be contacted and asked to collect their child from school as soon as they are able.

This risk assessment follows government guidance to schools.

Precaution	Who is responsible	Additional advice
<p>Keeping the school cool - Ventilation All windows and doors to remain open whilst the air temperature outside is cooler than air inside.</p> <p>When air temperature is higher outside than inside, windows to be slightly open for ventilation</p>	Caretaker first thing in the morning. Members of staff throughout the day to adjust window opening depending on heat outside	Use your own judgement as to how the temperature feels in your particular area of the school.
Keep blinds closed if possible	Class teachers / TAs	
Keep classroom lights turned off when not required	Class teachers / TAs	Only where safe to do so – this may depend on the activity you are carrying out
Do not have electrical items switched on if work can take place without them, e.g. laptops, interactive screen	Class teachers / TAs	
<p>Water in taps Water will be run first thing Monday, Tuesday and Wednesday mornings in order to ensure that any water which has been held within the pipes during the hot weather is returned to a safe temperature.</p>	Caretaker / Senior Leaders	
<p>Cleaning of School Toilets and all surfaces touched by children will be cleaned at the end of the school day in order to ensure hygienic surfaces.</p>	Caretakers and cleaners	Staff asked to ensure that classroom floors are kept as clean as possible to ensure caretaking /

All bins and food waste to be disposed of as soon as is possible from the classrooms and dinner area.	Caretakers and cleaners and Midday Meals Supervisors	cleaning staff do not need to Hoover unnecessarily in the extreme heat.
Keeping yourself cool – all staff Wear cool clothing which will cover most areas of the skin to avoid sun burn if you go outside.	You need to keep yourself well in order to help others. Don't forget to put sunscreen on if you are intending to go outside	Certain fabrics keep you cooler – e.g. where something which is linen if you have it – avoid clingy materials
Keep hydrated – ensure your water bottle is topped up throughout the day and drink plenty.	Plan in times for doing this, maybe when you are asking the children to fill their bottles. It is also important to eat as normally as possible.	Have more than one bottle with you if that helps. Some research says that a hot drink can also be good for you
Remember to take toilet breaks more regularly when there are 2 adults or more in the classroom.	Remember to check on how you are feeling. Its easy to forget yourself when you are looking after others!	Use your walkie-talkie to call for assistance if you are on your own and need a toilet break
Keeping pupils cool First thing in the morning ask children to remove any jumpers / cardigans they may be wearing	Tie back any long hair if the child is overheating as this will allow some air to flow around the neck area and may allow for some heat loss.	<u>Signs of ill health</u> Heat stress: Children may appear out of character or show signs of discomfort or irritability, including symptoms listed below for heat exhaustion. These signs will worsen with physical activity and if left untreated can lead to exhaustion or heatstroke. Heat exhaustion: Tiredness Dizziness Headache Nausea Vomiting
Ensure there are plenty of opportunities for them to drink water and fill-up their water bottles,	Check suitable times when other classes are not filling up their bottles	
Mr Freeze Freeze Pops, donated to the school, to be given to pupils to give them a further opportunity to keep cool.	These will be placed in the school's freezer.	
Try to avoid any excessive physical activity	Remember it is still important for children to move around (walk) in the heat.	
<u>Playtimes</u> If the temperature is cooler outside than in the classroom, take children out for fresh air, a walk around the field and then to sit in the shade.	Be mindful of any child who might be struggling and let them go straight to the shade Ensure no children are left without supervision.	

<p>If the temperature is hotter outside, then children should remain indoors. Realistically the hotter temperatures will be in the afternoons.</p>	<p>Some children may not be able to tell you how they are feeling if this is new to them. All adults to be vigilant and be particularly aware of those children who may struggle to let their feelings known.</p>	<p>Hot, red and dry skin Confusion Heatstroke: High body temperature (at or above 40C) Red hot skin and sweating that suddenly stops Fast heart beat and shallow breathing Confusion / lack of co-ordination. Fits - Loss of consciousness</p>
<p><u>Lunch time</u> If the temperature is cooler outside than in the classroom, take children out for fresh air, they can spend a short amount of time in the designated shaded area.</p> <p>Ensure children are eating as they would do normally.</p> <p>Lunch box trolleys to be kept in the coolest place in the school until lunch time.</p>	<p>All children must be observable at all times. Call for assistance on the walkie-talkies if required or worried.</p> <p>Children should not be in direct sun for any length of time. They should wear sunhats if they have them.</p> <p>Do not leave the classroom door open onto the field if the heat is greater outside than inside.</p>	
<p><u>Medication</u> All medication which requires cool temperatures is kept in the fridge.</p>		
<p><u>If a child is suffering from heat illness, the following steps should be taken immediately</u></p> <ul style="list-style-type: none"> • Move the child to as cool a room as possible and encourage them to drink cold water • Cool the pupil as rapidly as possible, using whatever methods possible, e.g. sponging or spraying the pupil with cool water, placing cold packs around the neck and armpits, use of a fan • Where the pupil does not respond to treatment within 30 minutes, ask for an ambulance to be called • If the child has a fit or loses consciousness, they will be placed in the recovery position and an ambulance called immediately; treatment to cool the pupil will continue until the ambulance arrives. 		