



Heat Risk Assessment Form – July 2022

Joydens Infants School

This Risk Assessment follows DFE guidance and expectations.

Date of assessment			
Who is at risk	Staff, pupils, parents, carers, contractors and visitors.		
<p>This risk assessment should be completed by the Headteacher, with input from staff members as needed. It will be published on the school website and reviewed regularly to be kept as a live document. Monitoring of this risk assessment will ensure that controls are effective and working as planned.</p>			
Risk	Plan for mitigation	Risk Before mitigation L, M, H	Risk After mitigation L, M, H
Time spent in the sun/outside	<p>Pupils should not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C</p> <p>Keep out of the sun between 11am and 3pm</p> <p>Pupils to remain indoors if enough shade is not available</p> <p>If pupils go outside in the shade, they must avoid extreme physical exertion</p> <p>On very hot days (that is, where temperatures are in excess of 30°C) children should not take part in vigorous physical activity</p> <p>Hats of a closed construction with wide brims should be worn to avoid sunburn</p> <p>Sun cream should be used to protect skin if children are playing or taking lessons outdoors for more than 20 minutes</p>	M	L
Not being able to keep cool	<p>Wear loose fitting light clothing</p> <p>Have plenty of cool drinks, avoid hot drinks and caffeine (for adults)</p> <p>Ensure cups are available for any pupils who do not have a water bottle</p> <p>Encourage pupils to drink and fill water bottles regularly</p> <p>Pupils will be provided with plenty of cool water and encouraged to drink more than usual when conditions are hot - the temperature of water supplied from the cold tap is adequate for this purpose</p> <p>Use a damp cloth on skin if very hot</p>	M	L
Environment is overly hot	<p>Windows and other ventilation openings should be opened during the cool of early morning</p> <p>Windows and other ventilation openings should not be closed, but their openings reduced when the outdoor air becomes warmer than the air indoors – this should help keep rooms cool whilst allowing adequate ventilation</p>	M	L



Heat Risk Assessment Form – July 2022

Joydens Infants School

	<p>Close blinds that receive morning or afternoon sun, however care should be taken with metal blinds and dark curtains, as these can absorb the heat – consider placing reflective material in-between the blind and the window space</p> <p>Turn off all non-essential lights and electrical equipment</p> <p>Electrical equipment should not be left in ‘standby mode’ – electrical equipment, when left on, or in ‘standby’ mode generates heat</p> <p>Keep bowls of water in the room as evaporation helps cool the air</p> <p>Use fans to move the air, at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration</p> <p>If some classrooms have air conditioning, consider timetabling of these rooms to ensure pupils and staff get some respite</p> <p>Adjust the layout of teaching spaces to avoid direct sunlight on children</p>		
Larger gathering of pupils	<p>Avoid assemblies and more than one class gathering in one place</p> <p>Ensure lunch halls do not become overly crowded – stagger lunch times if needed</p>	M	L
Health risks to pupils from heat	<p>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</p> <p>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 and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.</p> <p>Heat stress</p> <p>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</p> <p>Heat exhaustion</p> <p>Symptoms of heat exhaustion vary but include one or more of the following:</p> <ul style="list-style-type: none"> ● tiredness ● dizziness ● headache ● nausea ● vomiting ● hot, red and dry skin ● confusion 	M	L



Heat Risk Assessment Form – July 2022

Joydens Infants School

	<p>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:</p> <ul style="list-style-type: none"> • 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 		
<p>Staff action on recognising signs of heat stress, exhaustion or heat stroke</p>	<p>The following steps to reduce body temperature should be taken immediately:</p> <ol style="list-style-type: none"> 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 loosely 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. <p>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</p>	<p>M</p>	<p>L</p>
<p>Consideration of pupils who are likely to be most affected by high temperatures</p>	<p>Children's 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 with disabilities or complex health needs may be more susceptible to temperature extremes. Advice may be sought from parents and carers if needed Support staff should be made aware of the risks and how to manage them</p>	<p>M</p>	<p>L</p>
<p>NAME OF THE ASSESSOR Please Print: Gerard Strong SIGNATURE OF THE ASSESSOR: - Gerard Strong</p>			



Heat Risk Assessment Form – July 2022

Joydens Infants School

POSITION OF RESPONSIBLE PERSON: - Co Headteacher

Date of planned review: This plan should be reviewed as needed with updated versions published on the school website.

Schools should have active arrangements in place to monitor that the controls are:

- effective
- working as planned
- updated appropriately considering any issues identified and changes in public health advice