



The Gattons Infant School

Heat Exhaustion

The symptoms of heat exhaustion include

- Headaches
- Dizziness
- Nausea and vomiting
- Muscle weakness or cramps
- Pale skin and a high temperature
- Anyone affected should move somewhere cool and drink plenty of water. If possible sponge down with cold water or spray the effected person with a mist of water.

Heat Stroke

Heat stroke can develop if heat exhaustion is left untreated, but it can also occur suddenly and without warning.

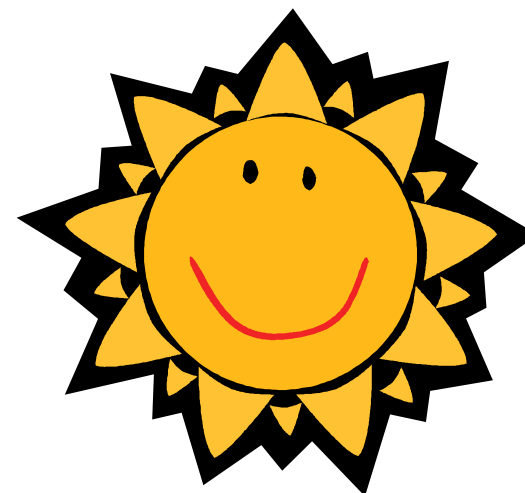
Symptoms include

- Headache, nausea and vomiting
- An intense thirst
- Sleepiness
- Hot, red and dry skin
- A sudden rise in temperature (over 38 degrees C, 100 degrees F)
- Drowsiness, confusion and dizziness
- Convulsions and loss of consciousness

In the case of Heat Stroke the school First Aider will

- Remove the child or adult from the heat
- Give sips of water
- Remove clothing
- Sponge skin or wrap in something wet
- Get immediate medical help if unconscious

Information Leaflet



Hot Weather Guidelines

At The Gattons, Safety in the Sun is a part of our curriculum. Children in all year groups regularly consider ways to keep cool and stay safe in the sun.

Skin cancer is now the second most common form of cancer in the U.K. and there is increasing evidence that episodes of sunburn in children under the age of 15 are a major risk factor for skin cancer in later life. For these reasons we want to ensure that while the children are at school we will do all we can to protect them from undue exposure to the sun. However, parents also play an important part and these guidelines have been written to inform all adults involved in the children's day-to-day care to show what can be done to protect and avoid any problems caused during hot weather.

Weather forecasts (www.metoffice.gov.uk) will be monitored by the school and in the event of high temperatures the guidelines below will be followed.

What the school will do

1. Windows will be opened to allow for a flow of air through rooms.
2. Window blinds are used to shade rooms from the sun to prevent them from becoming too hot.
3. Fans may be used to reduce the temperature of a room.
4. Strenuous physical education lessons will be avoided during the hottest part of the day and timetabled for the beginning and end of the day.
5. The surface temperature of outdoor play equipment exposed to direct sunlight is monitored by all staff to ensure hot metal surfaces do not cause burns. Children are warned of this danger.
6. Time spent outdoors at lunchtime playtime may be shortened if children are at risk of becoming overheated. Children will be encouraged to use the shade available, to play quietly and drink water.
7. Water will be made available to all staff and pupils and everyone encouraged to drink plenty of fluid.
8. Staff will be allowed to dress more casually but should maintain a modest, high standard of appearance. They should act as a role model to children in protecting their skin from burning.

What parents need to do

1. Children should be dressed in shirts or tops made from closely woven natural fibre e.g. T-shirt material with collars and no bare shoulders.
2. Children should be encouraged to wear a hat whenever outdoors, ideally one that will protect the face, ears and neck.

3. Parents should apply sunscreen before school, using a 'once a day' product if possible. Children should bring in sunscreen to re-apply as needed. Please teach your child to apply and re-apply sunscreen properly.
4. Parents should ensure that children bring a bottle of water to school each day. No frozen bottles to be brought to school.
5. Be a role model for your child and protect your skin from burning.
6. Explain to your child that it is dangerous to burn in the sun.

If a member of staff or a pupil appears to be suffering from any of the following symptoms they should be treated by the school First Aider and an ambulance called if necessary.