

Weather – Extreme Heat Policy

The purpose of this Policy is to reduce the risk of the harmful effects of extreme heat on the children, staff and visitors of the nursery when temperatures, both indoors and outdoors, rise to an extent that could affect the health and wellbeing of the children, staff and visitors. Our aim is to ensure a planned, managed and effective response to an extreme heat event.

This Policy is a ‘living document’ and will be refined and revised as necessary to capture lessons learnt from extreme heat levels and when any future Government Guidelines are set in place.

1. CHILDREN’S HEALTH AND WELLBEING

All staff must adhere to the following:

- Keep children hydrated constantly by offering them water to drink all day long.
- Encourage children to eat normally.
- Encourage parents/carers to dress their children in light loose clothing rather than long sleeve tops or trousers.
- Maintain close observations on children at all times and in particular during times of rest, looking out for signs of heat stress and heat exhaustion.

Indoors

- Windows and other ventilation should be open at all times.
- When children are sleeping, doors should not be closed at any point and windows should be left open to allow ventilation.
- Windows and other ventilation openings should not be closed, but their openings reduced when the outdoor air becomes warmer than the air indoors.
- Keep the use of electric lighting to a minimum.
- Ensure regular temperature checks are carried out and recorded throughout the day.

Outdoors

- Avoid vigorous physical activities especially in the non-shaded parts of the garden.
- Sun hats are to be worn at all times – wide brim hats are preferable.
- Sun cream should be used to protect children from getting burnt.
- Avoid spending long periods of time in the direct sun by encouraging children to stay in the shade as much as possible.

Actions to take if heat stress or heat exhaustion is suspected

Heat Stress

Children suffering from heat stress will show general signs of discomfort (including those listed below for heat exhaustion). These signs will worsen with physical activity or if left untreated and can lead to heat exhaustion or heat stroke.

Heat Exhaustion

Signs of heat exhaustion include the following.

- Irritability
- Fatigue
- Dizziness
- Headache
- Nausea
- Hot, red and dry skin.

Heatstroke

Sweating is an essential means of cooling and once this stops a child is at serious risk of developing heatstroke. Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning.

The following steps to reduce body temperature should be taken immediately.

- Move the child to a cool area.
- Sponge the child with cool, (not cold) water over their body and, if available, place cold packs just around the neck and in the armpits.
- Place the child near a fan.

If a child shows signs of confusion, follow the steps above. If a child loses consciousness, place the child in the recovery position and follow the steps above.

In both cases call 999 or 112 for emergency medical assistance.

2. STAFF AND VISITOR'S HEALTH AND WELLBEING

- Keep hydrated by constantly drinking water.
- Continue to eat normally.
- Be aware of the signs and symptoms for heat exhaustion and heatstroke and if you start to experience any of these inform either the Manager/Deputy Manager immediately.

Other related documents: **Duty of Care Policy**
 Health and Safety Policy
 Medical Emergency Procedure
 Sick Child Policy
 Staff Sickness Policy
 Sun Protection Policy

All policy documents are subject to regular review
This policy was created on: 16 July 2013