

# Cambridge School Hot Weather Risk Assessment

<b>School name</b>	Cambridge School (relevant for all staff/visitors/pupils)		
<b>Assessment carried out by (name/role)</b>	Alan Campbell (Headteacher) Niall Dumigan (Deputy Headteacher)		
<b>Date of assessment</b>	15/07/22	<b>Date of next review</b>	As required

Emergency management plan: Hot temperatures expected on 18/07/22 and 19/07/22.

<b>What is the hazard?</b>	<b>Who might be harmed and how?</b>	<b>What are the control measures?</b>	<b>Who needs to ensure the action is carried out?</b>
<b>Dehydration</b>	Pupils and staff	<p>Communicate to all parents and carers that their children <b>MUST</b> bring in a full water bottle.</p> <p>All staff and pupils to drink water regularly throughout the day.</p> <p>All pupils to be encouraged / reminded to drink water throughout the day.</p> <p>Classes to have regular opportunities to fill up their water bottles.</p> <p>Cold bottled water will be available in the Food Technology room in the main building.</p>	<p>Parents/Carers</p> <p>All staff</p> <p>All staff</p>

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		<p>Staff to ensure that all children are drinking; if they do not have their water bottle, water must be made freely available.</p> <p>Staff to be vigilant in spotting signs of dehydration, symptoms may include:</p> <ul style="list-style-type: none"> <li>• Dry mouth and tongue</li> <li>• No tears when crying</li> <li>• Sunken eyes, cheeks</li> <li>• Listlessness or irritability</li> <li>• Adult</li> <li>• Extreme thirst</li> <li>• Less frequent urination</li> <li>• Dark-coloured urine</li> <li>• Fatigue</li> <li>• Dizziness</li> <li>• Confusion</li> </ul> <p>Should a pupil or member of staff show any of the symptoms above:</p> <ol style="list-style-type: none"> <li>1. First-aider to monitor individual: their symptoms and how much water they are taking on.</li> <li>2. If symptoms persist, a phone call home or to the emergency services may be required.</li> </ol>	<p>First Aider</p>
<b>Over-heating</b>	Pupils and staff	Pupils are permitted to wear shorts and t-shirts to help them feel cool. Parents are informed.	<p>Parents</p> <p>All staff</p>

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		Staff are encouraged to wear loose fitting clothing or shorts and t-shirt.	
<b>Heat exhaustion</b>	Pupils and staff	<p>All staff to be aware of the signs of Heat Exhaustion and keep vigilant in identifying them:</p> <ul style="list-style-type: none"> <li>• a headache</li> <li>• dizziness and confusion</li> <li>• loss of appetite and feeling sick</li> <li>• excessive sweating and pale, clammy skin</li> <li>• cramps in the arms, legs and stomach</li> <li>• fast breathing or pulse</li> <li>• a high temperature of 38C or above</li> <li>• being very thirsty</li> </ul> <p>The symptoms are often the same in adults and children, although children may become floppy and sleepy.</p> <p>If someone is showing signs of heat exhaustion, they need to be cooled down, they should be referred to a First Aider, who will following the advice below:</p> <ul style="list-style-type: none"> <li>• Move them to a cool place.</li> <li>• Get them to lie down and raise their feet slightly.</li> </ul>	<p>All staff</p> <p>First Aiders</p>

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		<ul style="list-style-type: none"> <li>• Get them to drink plenty of water. Sports or rehydration drinks are OK.</li> <li>• Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too.</li> <li>• Stay with them until they're better.</li> </ul> <p>They should start to cool down and feel better within 30 minutes.</p>	
<b>Heat stroke/</b>	Pupils and staff	<p>All staff to be aware of the signs of Heat Stroke and keep vigilant in identifying them:</p> <ul style="list-style-type: none"> <li>• Body temperature of 40°C or higher,</li> <li>• Altered mental state such as confusion, agitation, irritability, disorientation, delirium</li> <li>• Altered behaviour such as slurred speech, staggering</li> <li>• Seizures, coma</li> <li>• Alteration in sweat leading to dry skin</li> <li>• Headache</li> <li>• Dizziness or light-headedness</li> <li>• Nausea and/or vomiting</li> <li>• Flushed or reddened skin</li> <li>• Rapid or fast breathing and heart beat</li> <li>• Muscle weakness or cramps</li> </ul>	All staff

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		<p>Put the person in the recovery position if they lose consciousness while you're waiting for help.</p> <p>All staff to be aware of ACTIONS TO PROTECT CHILDREN / ADULTS SUFFERING FROM HEAT ILLNESS. The following steps to reduce body temperature should be taken immediately:</p> <ol style="list-style-type: none"> <li>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). The coolest room will be the Purple Pod Staffroom.</li> <li>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 in a cool, wet sheet and assist cooling with a fan.</li> <li>3. Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.</li> <li>4. If a child / adult 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.</li> </ol>	

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<b>Temperatures in classrooms</b>	Pupils and staff	<p>Cleaning staff to open windows early morning to air the site.</p> <p>In classrooms where it is safe to do so, keep doors open.</p> <p>Staff to ensure blinds are pulled to avoid the sunlight glaring. Although some room for air flow is left.</p> <p>Fans are used where available.</p> <p>Early closure at 1pm to avoid hottest part of the day on both Monday and Tuesday.</p>	<p>Kathleen and Lydia</p> <p>All staff</p>
<b>Pupils and staff at greater risk</b>		<p>Staff closely supervise pupils with additional medical needs. The measures throughout this risk assessment are closely adhered to.</p> <p>A space to be made in the OT room or Purple Pod staffroom if pupils with additional medical needs are struggling in the heat.</p> <p>Staff to refer to a first aider any health concerns observed or reported. First aider to contact parents and medical professionals to gain advice if required.</p> <p>Pupil absence is authorised where parents/carers feel pupils with additional</p>	<p>All staff</p> <p>Pod leaders</p> <p>All staff</p> <p>First aiders</p>

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		<p>medicals needs will be better supported at home.</p>	
<p><b>Sunlight causing sunburn</b></p>		<p>Pupils and staff will not be permitted in the playground at break and lunch time.</p> <p>Blinds are used in classrooms where required.</p> <p>Parents are reminded to apply sunscreen to their child before school. Parents are asked to send in sunscreen.</p> <p>Sunscreen is applied in school where required. Encourage all students who can apply themselves to do so. Some orange pod students will need to have parental consent for staff to apply this.</p>	<p>All staff</p> <p>Parents</p> <p>All staff</p>
<p><b>Physical activity causing over exertion</b></p>		<p>Staff to plan for low energy activities, which are still curriculum focused.</p> <p>No PE or Dance to take place in extreme heat.</p> <p>No school trips to take place in extreme heat.</p>	<p>All staff</p> <p>Teaching staff</p> <p>All staff</p>