

Health and Safety Guidance

	General	Yes	No
1	Has senior management taken note of warning alerts for serious weather conditions/heat wave warnings?		
2	Has senior management considered the needs of children and staff that may be at greater risk for example, young children and pregnant staff? Children's susceptibility to high temperatures varies; those under four years of age, who are overweight, or who are taking certain medication may be at increased risk of adverse effects. Some children with disabilities or complex health needs may be more susceptible to high temperatures.		
3	Have the effects of hot weather/heat wave conditions been incorporated into the risk assessments/plans of activities such as educational visits and activities?		
4	Has senior management consulted staff about control measures?		
5	Has consideration been given to any animals kept in the provision so that they are kept cool and comfortable in the heat?		
	Outdoor areas		
6	Have considerations been made to postpone physical activities such as sports days and other strenuous activities where temperature is above 30°C?		
7	Have children been encouraged to stay in the shade? Has the provision provided shaded areas in the outdoor area either from natural features such as trees or gazebos etc where possible? If in large provisions, there is not enough shaded areas to accommodate all the children, can the provision provide enough indoor, ventilated areas with access to cold drinking water?		
8	Have parents been alerted of the need to provide sun cream, at least factor 30 with UVA protection, to protect skin if children are playing outdoors for more than 20 minutes?		
9	To prevent/reduce the risk of dehydration, are children encouraged to drink more than usual when conditions are hot such as ensuring that the children have access to adequate drinking water in both inside and outside? If the children are not drinking have staff consulted with parents to encourage the child to keep hydrated?		
10	Have you considered the effects of heat/direct sunlight for long periods on play equipment? Long periods of direct sunlight can make slides, swings, climbing features, seats and so forth. hot to the touch and so it is advisable to keep an eye out for the items most likely to cause a burn. Also, do visual inspection of play equipment after extremely hot days as it may cause damage to rubber surfaces or parts directly connected to metal material and so forth.		
	Indoor areas		
11	Are windows and other ventilation openings in good working order so that adequate ventilation can be provided? Can windows be opened as early as possible in the mornings? Are staff aware when the outside temperature is warmer than the inside temperature, windows should be almost closed with just a small opening for ventilation?		

Health and Safety Guidance

12	Are adequate indoor blinds provided to reflect heat from the sun? Do not let solar shading devices block ventilation openings or windows.		
13	Are steps taken to reduce or curtail activities that may generate heat, for example, use of ovens for cooking lunch if appropriate		
14	Are children encouraged to eat normally and drink plenty of cool water?		
15	Have appropriate changes been made to the provision lunch menu to prevent catering staff from heat exhaustion? Seek advice from your cook/catering provider.		
16	Have all electrical equipment, including computers, monitors and printers been switched off when not in use and not been left in 'standby mode.' Electrical equipment, when left on, or in 'standby' mode generates heat.		
17	If available, has the use of oscillating mechanical fans or air conditioning units been considered to increase air movement and cool the environment where necessary? Avoid trailing leads which can cause trip hazards and keep fans away from children in case of hair entrapment. Note that oscillating mechanical fans can be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration.		
	Emergency action		
18	<p>Are staff aware of the signs of heat stress and heat exhaustion, for example, Irritability? Children suffering from heat stress will show general signs of discomfort, including those listed below for heat exhaustion.</p> <ul style="list-style-type: none"> • Hot/red/dry skin. • Fatigue. • Dizziness. • Headache. <p>These signs will worsen with physical activity or if left untreated and can lead to heat exhaustion or heat stroke.</p> <p>Heat exhaustion 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. <p>Heatstroke When the body is exposed to extremely high temperatures, the mechanism that controls body temperature may stop working.</p>		

Health and Safety Guidance

	<p>Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.</p> <p>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. 		
19	<p>Are staff aware of the steps that should be taken to reduce body temperature in the event of heat exhaustion or heat stroke? For example, to:</p> <ul style="list-style-type: none"> • Move the child to as cool a room as possible. and encourage them to drink cool water, such as water from a cold tap. • Place the child near a fan if available. • Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool, 25°C to 30°C, water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet. 		
20	<p>Is staff aware of emergency first-aid measure or when to call for an ambulance?</p> <ul style="list-style-type: none"> • Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes. • 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. 		
21	Any further comments/observations		

For further guidance contact Health.andSafetyTeam@cambridgeshire.gov.uk, or refer to: [Looking after children and those in early years settings before and during hot weather: teachers and other educational professionals - GOV.UK.](#)

Please report any provision closures to earlyyears.service@cambridgeshire.gov.uk.