



## **LIS Risk Assessment for Hot Weather, Summer 2022**

*Name of school: Little Ilford School*

*Headteacher: Andrew Finn*

*Shared with:*

- *All staff*
- *SLT*
- *Parents*

### **SUMMARY**

This risk assessment will assist Little Ilford School in reviewing health and safety arrangements for protecting staff, students and visitors during hot weather.

The Met Office has issued a red extreme heat warning, and schools are advised to take appropriate precautions during the summer period and attached is a Risk Assessment to assist. Excessive exposure to heat can cause dehydration and heat exhaustion. It can also lead to loss of concentration and tiredness contributing to poor learning and an increased risk of accidents. Health and safety regulations require employers to undertake risk assessment wherever there is a significant risk of harm to their employees and others e.g. prolonged exposure to heat such as the sun.

There is no legal upper temperature limit. It is therefore essential that LIS determines what reasonable measures and comfort for our specific workplace. Although there is no maximum working temperature, there is a requirement that temperature inside buildings shall be reasonable in accordance to the needs of the staff and service users etc. There are many practical precautionary measures that can be introduced as part of a risk assessment to improve the working environment during spells of hot weather.

The risk assessment covers Key Areas such as:

1. General arrangements for identifying staff/students/visitors
2. Outdoors Activities
3. Indoors Activities
4. Emergency Action if heat stress or heat exhaustion is suspected

If sensible precautions are taken students are unlikely to be adversely affected by hot conditions, however, teachers, assistants, first aiders and all should look out for signs of heat stress, heat exhaustion and heatstroke.

Students 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

Issue/risk area	Identified risks	Overall assessment of risk BEFORE mitigation (Red/Amber/Green)	Mitigating actions	Overall assessment of risk BEFORE mitigation (Red/Amber/Green)	Staff responsible
<b>Heat stress</b>	<p><i>Student/ Teacher/ Support Staff/Visitors</i></p> <p><b>Student suffering from heat stress may become irritable and experience discomfort. This can be exacerbated by physical activity and if not addressed can lead to heat exhaustion or heatstroke.</b></p>	<b>H</b>	<p><b>Protection of Students from Heat-Related Illness</b></p> <p>During periods of high temperature, the following steps should be taken:</p> <ul style="list-style-type: none"> <li>● Share the signs of heat stress, heat stroke, and heat exhaustion with all staff, so they are all aware and are on the lookout for anyone, themselves included, that may be suffering</li> <li>● Ensure the first aiders are on high alert and are ready to respond quickly to any staff member, or student presenting with any of the symptoms</li> <li>● Update your risk assessments to show you can sufficiently evidence the adjustments made to an activity where there may be an increased risk from the high temperatures or exposure to the sun</li> <li>● Review the Students and Staff Medical Needs – send out reminders regarding sun hats, sun cream and water bottles to parents</li> <li>● Review school clothing policy – relax dress codes</li> <li>● Have ice ready to cool down people when suffering from the heat.</li> <li>● Consider closing the school early</li> </ul>	<b>L</b>	<b>All</b>

	<p><b>Heat exhaustion:</b></p> <p>Symptoms of heat exhaustion vary but include one or more of the following:</p> <ul style="list-style-type: none"> <li>● Tiredness</li> <li>● Dizziness</li> <li>● Headache</li> <li>● Nausea</li> <li>● Vomiting</li> <li>● Hot, dry, or red skin</li> <li>● Confusion</li> </ul>		<p><b>Protection Outside:</b></p> <ul style="list-style-type: none"> <li>● Student should not take part in vigorous physical activity <b>including PE</b> on very hot days, such as when temperatures are in excess of 30°C.</li> <li>● Encourage students playing outdoors to stay in the shade as much as possible</li> <li>● Move furniture outside to shaded areas where possible</li> <li>● Student should wear loose clothing and loose tie to help keep cool and sunhats to avoid sunburn</li> <li>● Use sunscreen to protect the skin if student are playing or taking lessons outdoors for more than 20 minutes</li> <li>● Provide children with plenty of water (such as water from water fountain) and encourage them to drink more than usual when conditions are hot.</li> </ul> <p><b>Protection Indoors:</b></p> <ul style="list-style-type: none"> <li>● Open windows as early as possible in the morning before student arrive.</li> <li>● Almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation</li> <li>● Close indoor blinds or curtains, but do not let them block window ventilation</li> <li>● Keep the use of electric lighting to a minimum</li> <li>● Switch off all electrical equipment, including computers, monitors, and printers when not in use – equipment should not be left in ‘standby mode’ as this generates heat</li> <li>● If possible, use those classrooms or other spaces which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on students</li> <li>● 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</li> <li>● If necessary, consider rearranging school start, finish, and play times to avoid teaching during very hot conditions</li> <li>● Encourage student to eat normally and drink plenty of cool water</li> <li>● Staff use the library for break and lunch due the room having air conditioning.</li> </ul>		
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Heatstroke	<p><b>Student/ Teacher/ Support Staff/Visitors</b></p> <p><b>Signs of heatstroke include:</b></p> <ul style="list-style-type: none"> <li>• high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke</li> <li>• red, hot skin and sweating that then suddenly stops</li> <li>• fast heartbeat</li> <li>• fast shallow breathing</li> <li>• confusion/lack of co-ordination</li> <li>• fits</li> <li>• loss of consciousness</li> </ul>	<p>H</p> <p>H</p>	<p>If you believe a student/staff/visitor is suffering from heatstroke the following action should be taken to reduce their body temperature:</p> <ul style="list-style-type: none"> <li>• Move them to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).</li> <li>• Cool them as rapidly as possible, using whatever methods you can. For example, sponge or spray them with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits and assist cooling with a fan.</li> <li>• Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.</li> <li>• Please note, if a student loses consciousness or has a fit place the student in the recovery position and immediately call 999.</li> </ul>	<p>L</p> <p>L</p>	
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<b>Staff with greater risk</b>	SLT to consider the needs of staff that may be at greater risk e.g. expectant staff	<b>H</b>	<ul style="list-style-type: none"> <li>• SLT to consider reduce timetable and use cover teacher where possible</li> <li>• Re-room teacher where possible to lower level class rooms</li> <li>• Use the library for break and lunch due the room having air conditioning.</li> </ul>	<b>L</b>	
<b>Students with greater risk</b>	SLT to consider ASD and EHCP students need	<b>H</b>	<ul style="list-style-type: none"> <li>• Encourage student to eat normally and drink plenty of cool water</li> <li>• Do not allow students to play in the sun</li> <li>• Limited physical activity</li> <li>• Consider reducing the school day</li> </ul>	<b>L</b>	
<b>Practical Lessons</b>	SLT to consider reducing or curtailing activities that may generate heat e.g. use of ovens, science/D&T practical lessons that use heat sources, ICT suites etc.	<b>H</b>	<ul style="list-style-type: none"> <li>• Teachers to consider reducing practical lessons and do theory based classes</li> </ul>	<b>L</b>	

