



Francis Jordan Catholic School

Peterborough Drive, Currambine WA 6028
www.fjcs.wa.edu.au

Heat Health Procedures

Purpose

This policy ensures Francis Jordan Catholic School has procedures in place to manage the risks associated with extreme heat conditions. Additionally, the school will recognise and respond to heat-related illnesses.

Background

Extreme heat is a maximum daily temperature of 38 degrees or above. Heat stress can occur when your body cannot cool itself enough to maintain a healthy temperature of 37 degrees. Children, young people, pregnant women and the elderly are more susceptible to heat stress, along with those who have an underlying medical condition and have regular medication prescribed.

Recognition and Response

It is important that school staff recognise the signs and symptoms of heat-related illnesses.

Dehydration – dizziness, tiredness, irritability, thirst, loss of appetite, fainting

Heat Cramps – muscle pains, muscle spasms

Heat Rash – skin irritation

Heat Exhaustion – heavy sweating, fast pulse, pale skin, shallow/fast breathing, muscle weakness or cramps, tiredness and dizziness, headache, nausea or vomiting, fainting

Heat Stroke - sudden rise in body temperature, red hot and dry skin, dry swollen tongue, rapid pulse, rapid shallow breathing, intense thirst, headache, nausea or vomiting, dizziness or confusion, poor coordination or slurred speech, aggressive or bizarre behaviour, loss of consciousness seizure or coma. **This is a medical emergency and requires urgent attention.**

Treatment options vary according to the type of heat-related illness. If a student, staff member or visitor shows any sign of a heat-related illness, the staff of the school must apply first aid and seek medical assistance immediately if required.

Risk Minimisation

To minimise the risks associated with extreme heat conditions, Francis Jordan Catholic School will implement the following strategies:

- ensure there is adequate shade on school grounds from man-made structures (tents, sails and umbrellas) and/or trees
- educate and encourage students and school staff to stay hydrated
- display heat guidelines and charts in prominent locations throughout the school
- ensure there is adequate supplies of SPF50 sunscreen available
- ensure water fountains are located around the school
- ensure there is adequate supplies of ice packs in the refrigerator and first aid kits
- select suitable uniform options
- possible utilisation of air conditioning access during recess and lunchtime
- modify or postpone any planned vigorous activity, particularly related to physical education and sport activities. The end decision pertaining to the cancellation or postponement of physical lessons, events or carnivals will be at the discretion of the Principal.

Note: Schools do not close at a certain temperature threshold during days of extreme heat. However, under emergency circumstances, the school will contact their related CEWA representative to consider appropriate actions.

Heat Health Alerts

Upon receiving advice of a day of extreme heat, the school will:

- notify parents/guardians about extreme heat conditions and remind them to provide their child with additional water and to apply SPF 50 sunscreen
- include information on the school's 'Heat Health Policy' in a school communication
- brief staff to be extra vigilant

Reviewed 2021

Due for review 2023

