



### Risk Assessment – Heatwave week beginning: 18 July 2022

We are experiencing a **level 3 heatwave alert** and the Met Office has issued an **Amber Extreme Heat Warning** (Medium Likelihood of High Impacts), a rare amber warning about extreme heat at the beginning of the week beginning 18 July to cover the potential impacts from the high temperatures including a danger to life. These could include health impacts on the most vulnerable in our society including those with pre-existing medical conditions, such as cardiovascular and respiratory diseases, but it can also lead to heatstroke and heat exhaustion even on those who are normally fit and healthy.

<b>School Name:</b> Admiral Academy & Raleigh Infant Academy		<b>Decide who may be harmed (insert ✓):</b>					
		<b>Student</b>	✓	<b>Contractors</b>	✓	<b>Visitors</b>	✓
<b>Department / Location (if applicable)</b>		<b>Staff</b>	✓	<b>Vulnerable People</b>	✓	<b>Volunteers</b>	✓
<b>Identified Hazards</b>	<b>Initial Risk Rating</b>	<b>Existing Control Measures (select all that are in place)</b>	✓	<b>Actions / Comments</b>	<b>Residual Risk Rating H/M/L</b>		
Met Office Amber warning for extreme heat	H	<ul style="list-style-type: none"> <li>children will not take part in vigorous physical activity</li> <li>when children are outdoors for morning break, they will be encouraged to stay in the shade as much as possible</li> <li>children will not have outdoor lunch time play</li> <li>children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn</li> <li>children should not wear ties, jumpers, or cardigans.</li> <li>parents are encouraged to apply sunscreen (at least factor 15 with UVA protection) before children come to school</li> <li>children will have access to plenty of water and be encouraged to drink more than usual</li> <li>staff are encouraged to wear loose, light-coloured clothing to help keep cool and encouraged to drink more water than usual</li> <li>reduce the time children are outside</li> <li>open windows as early as possible in the morning before children arrive to allow stored heat to escape from the building</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> </ul>	✓		M		



		<ul style="list-style-type: none"><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>• where possible, use spaces which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on children</li><li>• encourage children to eat normally and drink plenty of cool water</li><li>• Jugs / bottles of water to be made available in classes that do not have direct access to drinking water</li><li>• expect to stay open</li></ul>					M
		<p>Further steps should the extreme heat continue to rise:</p> <ul style="list-style-type: none"><li>• Consider the postponement of events that create a large gathering of people in the hall – Staff meetings / Assemblies</li><li>• Consider the early closing of the school to enable the collection of children after 12:00 – before it gets too hot.</li><li>• Consider the closing of All Aboard for after school childcare (after school club).</li><li>• All after school clubs will be cancelled</li><li>• Not all children may be able to be collected: Run a skeleton staff and base all children in the coolest air-conditioned rooms (Temporary classrooms in Raleigh)</li></ul>					



<p>Health risks from extreme heat: Heat Stress, Heat Exhaustion,</p>	<p>H</p>	<p><u>Heat Stress:</u> Children 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.</p> <p><u>Heat exhaustion</u> Symptoms of heat exhaustion vary but include one or more of the following: Tiredness, dizziness, headache, nausea, vomiting, hot, red and dry skin, confusion Advice for looking after children in a heatwave. <a href="https://www.gov.uk/government/publications/heatwave-plan-for-england/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals?utm_source=14%20July%202022%20C19&amp;utm_medium=Daily%20Email%20C19&amp;utm_campaign=DfE%20C19">https://www.gov.uk/government/publications/heatwave-plan-for-england/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals?utm_source=14%20July%202022%20C19&amp;utm_medium=Daily%20Email%20C19&amp;utm_campaign=DfE%20C19</a></p>			<p>L</p>
		<p><b>Actions to protect children suffering from heat illness</b> 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).</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></ol> <p><b>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.</b></p>			<p>L</p>



<p>Health risks from extreme heat: Heat Stroke</p>	<p>H</p>	<p><u>Heatstroke</u> When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. 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"> <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>L</p>
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<p><b>Risk Rating Guidance:</b> H= High, M= Medium, L= Low, TBA = To Be Assessed - Assessment of the likelihood and/or impact of injury and/or damage.</p>					



Other Hazards Identified	Additional Control Measures to be Put in Place				
Any other foreseeable hazards that are associated with the activities being carried out to be listed here.	<i>Where you have identified other hazards, record the additional control measures you are going to put in place to mitigate these below:</i>  N/A				
<b>Date of Assessment:</b>	17/07/2022	<b>Carried out by:</b>	Chris Harris Deputy Principal	<b>Signature:</b>	
<b>Date of next review:</b>	05/05/2023	<b>Carried out by:</b>		<b>Date Review Completed:</b>	
<b>Also refer to these other relevant risk assessments or safety advice documents:</b>	<a href="https://publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/103121/Heatwave-Plan-for-England-Protecting-health-and-reducing-harm-from-severe-heat-and-heatwaves.pdf">Heatwave Plan for England: Protecting health and reducing harm from severe heat and heatwaves (publishing.service.gov.uk)</a> <a href="https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/103121/Heatwave-Plan-for-England-Protecting-health-and-reducing-harm-from-severe-heat-and-heatwaves.pdf">Looking after children and those in early years settings during heatwaves: for teachers and professionals - GOV.UK (www.gov.uk)</a> <a href="https://www.nhs.uk/conditions/heat-exhaustion/">Heat exhaustion and heatstroke - NHS (www.nhs.uk)</a>				

**Note:** Health and safety in our school is the responsibility of everyone and is about taking a sensible and proportionate approach to ensure that the learning environment provides a healthy and safe place for all who use it, including staff, volunteers, visitors and students.