

## REYS Federation – Red alert hot weather risk assessment – updated 13/06/23

Hazards and Risks		Existing Control Measures	Risk Level <i>(Very High, High, Medium, Low)</i>	Further Actions √/X <i>(If √ See Actions)</i>
1.	Children and staff becoming overheated	<ul style="list-style-type: none"> <li>• Open windows when first in nursery to let the air out – then keep windows and blinds ( where appropriate) closed</li> <li>• Keep children inside between 11-3pm only outside if plenty of shade is available.</li> <li>• Discourage any running type games whilst outside and limit inside</li> <li>• Children attending more than three hours int a day to have sun cream reapplied before the afternoon session</li> <li>• Children to have sun cream reapplied every time they go outside if this is more than 1 and half hours in between</li> <li>• Ensure children wear sun cream and a hat – be mindful that hats can keep the heat in so monitor children carefully.</li> <li>• Children to only be highly encouraged to stay in shaded areas.</li> <li>• Lots of water play, paddling pools, sprinklers, water spray bottles and encourage children to wet their skin.</li> <li>• Ensure all children are encouraged to drink at least every 30 minutes.</li> <li>• Ring parents at first sign of any child becoming unwell (see symptoms below).</li> </ul>	High	
2.	Staff or children suffering with heat stroke or heat exhaustion	<ul style="list-style-type: none"> <li>• Staff are aware of the symptoms of heat stroke and heat exhaustion (See below)</li> <li>• Staff to monitor themselves, children and each other for any symptoms and report immediately to a senior member of staff</li> <li>• Staff to drink water throughout the sessions</li> <li>• Staff to bring small groups into the air conditioned rooms for short periods if needed (Blagdon &amp; Caversham)</li> <li>• Air conditioned room to be used as younger children sleep room (Caversham)</li> </ul>	High	

Hazards and Risks		Existing Control Measures	Risk Level <i>(Very High, High, Medium, Low)</i>	Further Actions ✓/X <i>(If ✓ See Actions)</i>
3.	Vulnerable staff (including pregnant women)	<ul style="list-style-type: none"> <li>• Take rest breaks as needed ( including putting feet up to alleviate feet swelling)</li> <li>• Use cool flannels and ice (covered) to back of neck and skin to cool down</li> <li>• Keep drinking water.</li> <li>• If feeling unwell – go home</li> </ul>	High	
4.	Insufficient staff available to meet minimum legal requirements	<ul style="list-style-type: none"> <li>• If there are insufficient staff available to meet legal ratios – rooms would need to be closed.</li> <li>• Parents to be contacted and asked to collect children– priority to stay in nursery will be given to 30 hour children (whose parents are working) and any child on our vulnerable list.</li> </ul>	Medium	Senior staff to contact parents and ask to collect children

Updated: 13.06.23

Signed: Jean Read

Sent to Governors:

Signs of heat exhaustion include:	What to do:
<p>The signs of heat exhaustion include:</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.</p>	<p>If someone has heat exhaustion, follow these 4 steps:</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> <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> <li>• They should start to cool down and feel better within 30 minutes.</li> </ul>
Signs of heat stroke include:	What to do:
<p>You or someone else have signs of heatstroke including:</p> <ul style="list-style-type: none"> <li>• feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water</li> <li>• not sweating even while feeling too hot</li> <li>• a high temperature of 40C or above</li> <li>• feeling confused</li> </ul> <p>You can call 111 or <a href="#">get help from 111 online</a>.</p>	<p>Put the person in the <u>recovery position</u> if they lose consciousness while you're waiting for help.</p> <p>or someone else have signs of heatstroke including:</p> <ul style="list-style-type: none"> <li>• fast breathing or shortness of breath</li> <li>• a fit (seizure)</li> <li>• loss of consciousness</li> <li>• not responsive</li> </ul> <p>Heatstroke can be very serious if not treated quickly.</p> <p>Put the person in the <u>recovery position</u> if they lose consciousness while you're waiting for help.</p>

