

## San Ysidro School District HEAT GUIDELINES FOR SCHOOLS

We are currently experiencing hot weather season and there is increased risk of heat injury – dehydration, heat exhaustion and heat stroke. The danger is highest if the individual is outside and engaged in vigorous activity.

Children take longer to adjust to hot environments than adults do, and their bodies reach core temperature much faster. Children’s bodies have greater surface area to body mass ratio, so they absorb more heat on a hot day.

### Here are some things that we can all do to help prevent heat injury:

1. Provide adequate sports drinks or water (1/2 to 1 quart per hour, preferably cold) and ensure that breaks are taken every 15-20 minutes during strenuous exercise/work.
2. Ensure that staff and students adjust gradually to working/playing in the heat. Acclimatizing is essential to preventing heat injuries.
3. Schedule heavy work/workouts for the cooler part of the day. Consider scheduling periodic fitness testing during the cooler parts of the year.
4. Avoid overexertion especially in hot weather and in the sun. For heavy work, use mechanical aids or teams of people to accomplish tasks.
5. Use shaded areas and grass fields for athletic activities when possible to reduce radiant heating.
6. Encourage use of sunscreens to protect exposed skin.
7. Wear loose-fitting, lightweight, light colored clothing. Do not layer clothing; more clothing increases risk of heat injury.
8. Monitor environmental conditions such as heat, humidity and wind.
9. Train staff/students to recognize and treat heat injuries and encourage them to monitor each other for signs of heat stress.
10. Individuals with a febrile illness or any acute illness other than a mild cold should not engage in any heavy physical activity.
11. If you have questions, contact your District School Nurse or School Health Clerk.

The State of California has adopted heat regulations that require that the following be provided for worker protection:

- a. Access to adequate supplies of sports drink or cool water.
- b. Shade for workers who are on the verge of becoming ill or already have started to feel the effects of heat illness.
- c. Training on critical elements of heat illness prevention.
- d. A requirement for the Standards Board to review the feasibility of requiring shade for all rest periods (excerpted from JPA, School Safety Bulletin SEP. 2005)

### Heat Illness Signs and Symptoms

**Sunburn:** Redness, pain, swelling of skin, blisters, fever and headaches. - Treatment: Leave water blisters intact to speed healing and avoid infection.

**Heat Cramps:** Heavy sweating can cause painful, usually in the legs, but possibly in the abdomen. - Treatment: Apply firm pressure on cramping muscles or gently massage to relieve spasm; give sips of water, move person to cooler place to rest.

**Heat Exhaustion:** Heavy sweating, weakness, cold pale and clammy skin; weak pulse, fainting and vomiting. - Treatment: get person out of sun, move to a cooler environment, lay person down and loosen clothing, apply cold wet cloths, give sips of water.

**Heatstroke:** Severe medical emergency, hot, dry skin, rapid and strong pulse, possible unconsciousness. - Treatment: Call 911, if unable to get person to medical help immediately move person to a cooler environment, remove outer clothing, do not give fluids.

Heat Index	Category	Activity Limitations
Less than 80	Normal	No limitations
81 to 90	Alert	Regular school day. Limit intensity of /or modify physical activity and monitor Encourage hydration.
91 to 95	Caution	Limit duration and intensity of /or modify physical activity and closely monitor. Possible need to enforce contingency schedule. Enforce hydration. light activity or rest. Sunstroke, heat cramps and heat exhaustion possible.
96-105 or greater	Extreme Caution	Enforce contingency schedule, and hydration. Closely monitor. Sunstroke, heat cramps and heat exhaustion possible.