

HEAT SAFETY GUIDELINES



Heat Index - A function of temperature and relative humidity, the combination of which results in what the hot and humid air feels like to the average person. This is not the actual air temperature.

Heat Safety and Air Quality - Poor air quality can increase safety concerns within air temperature levels, just as humidity can increase heat index levels

People at Risk in the Heat - Factors which may reduce an individual's ability to efficiently regulate internal temperature are age, (young children and older adults), obesity, heart and circulatory disorders, diabetes, asthma, excessive use of alcohol and some medications. Individuals with these factors should take additional precautions to avoid health stress.

HEAT STRESS ADVISORIES

ADVISORY	CONDITIONS	GUIDELINES
No Advisory	Environmental conditions do not currently exist that create a heat stress hazard to the majority of the population (Temperature below 85)	Normal school activities Modifications only for students who develop signs and symptoms of heat stress
Heat Advisory	Environmental conditions will exist through the balance of the daylight hours that may require some degree of protective actions for the majority of the population. (Temperature 85 - 100)	School afternoon outdoor activities should be modified to include rest, shade and water breaks. Water breaks every 15 minutes. Students with health risks should not participate in prolonged outdoor activities.
Heat Stress Warning	Environmental conditions will exist through the balance of the daylight hours which place a majority of the population at risk of some heat stress complications. (Temperature 100 – 105)	All prolonged school outdoor activities (20 minutes or more) should occur during the cooler times in the day such as before 11:00 am and after 8:00 pm. Rest, shade and water precautions should occur at all times. Water breaks every 10 minutes with supervision. <i>Rainy Day lunch recess schedule advised.</i>
Heat Stress Alert	Environmental conditions exist that place all persons at risk of heat stress complications (Temperature over 105)	Outdoor school activities should be canceled. Or rescheduled to the cooler times in the day. Rest and water precautions should occur at all times. <i>Rainy Day lunch recess schedule advised.</i>

Revised 5/2011 All Levels could be affected by humidity. If so a notice of the modification would come from EOC.

HEAT STRESS HAZARDS

Heat Rash

Hot humid environment; plugged sweat glands. Red bumpy rash with severe itching. Change into dry clothes and avoid hot environments. Rinse skin with cool water. Wash regularly to keep skin clean and dry.

Sunburn

Too much exposure to the sun. Red, painful, or blistering and peeling skin. If the skin blisters seek medical aid. Use skin lotions (avoid topical anesthetics) and work in the shade. Work in the shade; cover skin with clothing; wear suntan lotions with a sun protection factor of at least 15. People with fair skin should be especially cautious.

Heat Cramps

Heavy sweating drains a person's body of salt, which cannot be replaced just by drinking water. Painful cramps in arms, legs or stomach which occur suddenly or later on. Cramps are serious because they can be a warning of other more dangerous heat-induced illnesses. Move to a cool area; loosen clothing and drink cool salted water (1 tsp. salt per gallon of water).

Fainting

Not enough blood flowing to the head, causing loss of consciousness. Sudden fainting after at least two hours of work; cool moist skin; weak pulse. Fainting may be due to a heart attack or other illness. GET MEDICAL AID. Assess need for CPR. Move to a cool area; loosen clothing. make person lie down., and if the person is conscious, offer sips of cool water. Reduce activity levels and/or heat exposure. Drink fluids regularly.

Heat Exhaustion

Inadequate salt and water intake causes a person's body's cooling system to start to break down. Heavy sweating; cool moist skin; body temperature over 100 F; weak pulse; normal or low blood pressure; person is tired, weak, clumsy, upset or confused; is very thirsty; or is panting or breathing rapidly. vision may be blurred. GET MEDICAL AID. This condition can lead to heat stroke, which can kill. Move the person to a cool shaded area; loosen or remove excess clothing; provide cool water to drink (salted if possible); fan and spray with cool water. Reduce activity levels and/or heat exposure. Drink fluids regularly.

Heat Stroke

If a person has any one of the following: the person is weak, confused. upset or acting strangely; has hot, dry, red skin; a fast pulse; a headache or dizziness. In later stages, a person may pass out and have convulsions. CALL AMBULANCE. This condition can kill a person quickly. Remove excess clothing; fan and spray the person with cool water; offer sips of cool water if the person is conscious. Reduce activity levels and/or heat exposure.