

# Panama-Buena Vista Union School District

## Hot Weather Guidelines for Students

The district recognizes that regular physical activity in childhood is important for promoting lifelong health and well-being of all students in addition to improving educational outcomes. This guidance is intended to help protect the health of all staff and students by taking preventative steps for high heat related illness. Check the heat risk level daily at [www.wpc.ncep.noaa.gov/heatrisk/](http://www.wpc.ncep.noaa.gov/heatrisk/). The table below is a modified version of publications provided by the California Department of Public Health that shows when and how to modify outdoor physical activity based on Heat Risk level. **Health, Safety and Wellness will advise all schools when outdoor activities must be canceled due to high heat index.**

| Heat Risk Level                  | Hot Weather Guidance                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Green</b><br>(Little to None) | No elevated risk. <ul style="list-style-type: none"> <li>• <b>Great day to be outside!</b></li> </ul>                                                                                                                                                                                                                                                                              |
| <b>Yellow</b><br>(Minor)         | Heat is tolerated by most however, there is a low risk for sensitive groups to experience health effects. <ul style="list-style-type: none"> <li>• <b>Good day to be active outside!</b></li> </ul>                                                                                                                                                                                |
| <b>Orange</b><br>(Moderate)      | Moderate risk for members of heat sensitive groups to experience health effects. <ul style="list-style-type: none"> <li>• <b>Reduce time in the sun between 10 a.m. and 4 p.m.</b></li> <li>• <b>Stay hydrated when active outside. Normal recess will be held. Exercise with caution.</b></li> </ul>                                                                              |
| <b>Red</b><br>(Major)            | High risk for much of the population who are exposed to the sun and active outdoors, or are in a heat sensitive group. This index is dangerous to <i>anyone</i> without proper hydration or adequate cooling. <ul style="list-style-type: none"> <li>• <b>Indoor recess activities encouraged. Cancel outdoor activities during the heat of the day. Stay Hydrated!</b></li> </ul> |
| <b>Magenta</b><br>(Extreme)      | Very high risk for the entire population. Very dangerous to anyone without proper hydration or adequate cooling. Prolonged periods of heat are dangerous for everyone not prepared. <ul style="list-style-type: none"> <li>• <b>No outdoor activity. Move all activities indoors. Stay Hydrated!</b></li> </ul>                                                                    |

**What is the heat index?** The heat index is what the temperature feels like to the human body when relative humidity is combined with the air temperature.

### CHECK YOUR DAILY HEAT INDEX RISK

[www.wpc.ncep.noaa.gov/heatrisk/](http://www.wpc.ncep.noaa.gov/heatrisk/)

or scan here:



### CDC: Know the Signs of Heat Related Illness

#### Heat Exhaustion

##### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness  
Thirst  
Heavy Sweating  
Nausea  
Weakness



#### Heat Stroke

##### ACT FAST

- **CALL 911**
- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion  
Dizziness  
Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



## Panama-Buena Vista Union School District Hot Weather Guidance

Learn more about Preparing for Extreme Heat: [www.ready.gov/heat#prepare](http://www.ready.gov/heat#prepare)



| Activity                         | Green<br>(Little to None)                                         | Yellow<br>(Minor)                                                                                                             | Orange<br>(Moderate)                                                                                                                                                          | Red<br>(Major)                                                                                                                                                                                                 | Magenta<br>(Extreme)                                                                                                             |
|----------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Recess<br>(15 Min.)              | <ul style="list-style-type: none"> <li>No restrictions</li> </ul> | <ul style="list-style-type: none"> <li>Increase hydration</li> <li>Utilize shade if recess is during strongest sun</li> </ul> | <ul style="list-style-type: none"> <li>Stay hydrated</li> <li>Reduce time in sun between 10am &amp; 4pm</li> <li>Utilize shade and cooler areas while outside</li> </ul>      | <ul style="list-style-type: none"> <li>Stay hydrated</li> <li>Try to avoid being outdoors in the sun between 10am &amp; 4pm</li> <li><b><u>Cancel outdoor activities during heat of the day</u></b></li> </ul> | <ul style="list-style-type: none"> <li>Move all activities indoors</li> <li><b><u>Cancel all outdoor activity</u></b></li> </ul> |
| P.E. (1hr)                       | <ul style="list-style-type: none"> <li>No restrictions</li> </ul> | <ul style="list-style-type: none"> <li>Increase Hydration</li> <li>Utilize shade if class is during strongest sun</li> </ul>  | <ul style="list-style-type: none"> <li>Stay Hydrated</li> <li>Reduce time in sun between 10am &amp; 4pm</li> <li>Utilize shade and cooler areas while outside</li> </ul>      | <ul style="list-style-type: none"> <li>Stay hydrated</li> <li>Try to avoid being outdoors in the sun between 10am &amp; 4pm</li> <li><b><u>Cancel outdoor activities during heat of the day</u></b></li> </ul> | <ul style="list-style-type: none"> <li>Move all activities indoors</li> <li><b><u>Cancel all outdoor activity</u></b></li> </ul> |
| After School Sports & Activities | <ul style="list-style-type: none"> <li>No restrictions</li> </ul> | <ul style="list-style-type: none"> <li>Increase Hydration</li> <li>Utilize shade if class is during strongest sun</li> </ul>  | <ul style="list-style-type: none"> <li>Stay Hydrated</li> <li>Reduce time in the sun between 10 am &amp; 4pm</li> <li>Utilize shade and cooler areas while outside</li> </ul> | <ul style="list-style-type: none"> <li>Stay hydrated</li> <li>Try to avoid being outdoors in the sun between 10am &amp; 4pm</li> <li><b><u>Cancel outdoor activities during heat of the day</u></b></li> </ul> | <ul style="list-style-type: none"> <li>Move all activities indoors</li> <li><b><u>Cancel all outdoor activity</u></b></li> </ul> |

*Adapted from CDPH Heat Risk Grid: Understanding "HeatRisk" level, Who is At Risk, and What Actions to Take*  
*SB1248 & CDE: Extreme Weather Guidelines*

# Safety Alert

## HEAT ADVISORY REMINDER

### Date

Temperatures are expected to soar over the next few days throughout Kern County. In an effort to ensure the safety of our students and staff, we are encouraging all staff to adhere to safe *Heat Illness Prevention* work practices throughout the district. This safety alert will cover three (3) primary topics associated with Heat Illness Prevention: ***Work Day Planning, Heat Index and Best Practices.***

### WORK DAY PLANNING:

Over the next few days, an anticipated heat wave is expected. Temperatures are expected to rise above 100 degrees Fahrenheit. During warm or hot weather, high heat or a heat wave it is necessary for supervisors and employees to be particularly attentive to each other and communicate on a frequent basis about how they are feeling. It is important to encourage employees not to discount any discomfort or heat illness symptoms they are experiencing and to report these concerns immediately to their supervisor and coworkers.

### HEAT INDEX:

According to Cal/OSHA, temperature is not the only component to consider when planning to prevent illness. Heat Index is a measure of how hot it feels within the actual air temperature. To find the Heat Index temperature, please review the Heat Index Chart below. As an example, if the air temperature is 96 F and the relative humidity is 65%, the heat index - how hot it feels - is 121 F. The red area on the chart below indicates extreme heat danger.

### BEST PRACTICES:

- Drink plenty of water throughout the day.
- Wear light-weight/loose -fitting clothing.
- Take frequent breaks/utilize shaded areas as needed.
- Stay cool indoors: Stay in an air-conditioned place as much as possible.
- Schedule outdoor activities carefully. Try to limit your outdoor activity to when it is the coolest (*morning and evening hours*).
- Wear sunscreen.

Please review and post the attached [Prevent Heat Illness at Work](#) flyer in a prominent location at your work site. Additionally, the following link may also be utilized as a quick weather check:

<https://bakersfieldnow.com/weather>

If you have any questions or need support, please feel free to contact the Health, Safety & Wellness Department.

Thank you!

## Panama-Buena Vista Union School District Hot Weather Guidance for Employees/Staff

[National Weather Service Heat Risk Map](#)

| Heat Risk Level                  | Hot Weather Operations/Guidance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Green</b><br>(Little to None) | No elevated risk. <ul style="list-style-type: none"> <li>• <b>Great day to be outside!</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Yellow</b><br>(Minor)         | Heat is tolerated by most however, there is a low risk for sensitive groups to experience health effects. <ul style="list-style-type: none"> <li>• <b>Stay Hydrated - Drink Water</b></li> <li>• <b>Good day to be active outside!</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Orange</b><br>(Moderate)      | Moderate risk for members of heat sensitive groups to experience health effects. <ul style="list-style-type: none"> <li>• <b>Stay Hydrated - Drink Water Often (about 4 cups/hour) - Limit caffeine consumption</b></li> <li>• <b>Take Frequent Breaks in Cool Shaded Areas</b></li> <li>• <b>Acclimatize</b></li> <li>• <b>Use the Buddy System</b></li> <li>• <b>Supervisors Watch Workers for Signs of Heat-Related Illness</b></li> </ul>                                                                                                                                                                                                                                           |
| <b>Red</b><br>(Major)            | High risk for much of the population who are exposed to the sun and active outdoors, or are in a heat sensitive group. This index is dangerous to <i>anyone</i> without proper hydration or adequate cooling. <ul style="list-style-type: none"> <li>• <b>Stay Hydrated - Drink Plenty of Water (about 4 cups/hour) - Limit caffeine consumption</b></li> <li>• <b>Alert Workers of High Risk Conditions</b></li> <li>• <b>Limit Physical Exertion (e.g. use mechanical lifts)</b></li> <li>• <b>Adjust Work Activities (e.g., reschedule work, pace/rotate jobs)</b></li> <li>• <b>Use Cooling Techniques</b></li> <li>• <b>Watch/communicate with Workers at all Times</b></li> </ul> |
| <b>Magenta</b><br>(Extreme)      | Very high risk for the entire population. Very dangerous to anyone without proper hydration or adequate cooling. Prolonged periods of heat are dangerous for everyone not prepared. <ul style="list-style-type: none"> <li>• <b>Reschedule Non-essential Activity to a Time of Lower Heat Index</b></li> <li>• <b>Move Essential Work Tasks to the Coolest Part of the Work Shift</b></li> <li>• <b>Consider Earlier Start Times</b></li> <li>• <b>No outdoor activity. Move all activities indoors. Stay Hydrated! - Limit caffeine consumption</b></li> </ul>                                                                                                                         |

[Adapted from Using the Heat Index: A Guide for Employers](#)