

Cambrai Preschool and Occasional Care

Hot Weather Site Policy

At Cambrai Preschool and Occasional Care, we provide an environment for children, staff and families to participate safely.

At Cambrai Preschool and Occasional Care we implement the following appropriate measures to protect children, staff and families from the risk of heat stress.

National Quality Standard 2.3
Regulation 168 (2) (a) (ii)
Related Key Regulations: 114

Heat Stress is a factor of both air temperature and relative humidity levels, Cambrai Preschool and Occasional Care applies the following strategies:

For Children:

- **Shade-** Activities conducted in periods of hot weather are to be undertaken in shaded areas.
- **Drinks-** Children are to be frequently offered water or fluids. Drinking water is to be accessible to children at all times.
- **Clothing-** Parents are to be encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that is Sun Safe.
- **Lunch** Parents are to be encouraged to pack food in insulated containers with a freezer brick or frozen water. Our site provides a cool place to store food.
- **In extreme heat conditions-(above 36 degrees Celsius)** activities will be confined to indoors or undercover areas with appropriate activities e.g. water play, sand/water

Staff:

- Must take reasonable care to protect their own health and safety and that of others (duty of care) in the workplace
- Must pay particular attention to children under 4 years of age to reduce the risk of heat illness
- Are to follow the 'Skin Protection Site Policy'

At Cambrai Preschool and Occasional Care

- Parents and guardians delivering and collecting children are advised to stay comfortable within the building and park where possible in shaded areas
- Cooling systems will operate within our building to ensure a comfortable environment for children, staff and families during normal operating times

In extenuating circumstances (such as no air-conditioning):

- Appropriate contingency plans will be activated (emergency, bushfire)
- Cambrai Preschool and Occasional Care has an effective cooling system and will remain open for normal operating hours during hot weather. In the event of a blackout, cool water activities will be provided and parents will be contacted to ascertain whether they wish their child to stay at Preschool or be collected. Children who are unable to be collected will be adequately supervised by staff and kept as comfortable as possible.
- In the event of a breakdown of the Preschool cooling system, children will be appropriately relocated within the school.
- Occasional Care families will be notified individually of the extenuating circumstance so they can collect their child/children if able.

Reference

Sun Smart Early Childhood program- www.sunsmart.com.au

Cancer Council SA <http://www.cancer.org.au>

OHS&W: HR - DECD Heat Stress Procedure

<http://www.decd.sa.gov.au/docs/documents/1/HeatStressProcedure.pdf>

DECD Guidelines to Developing a Hot Weather Policy

Our service, Cambrai Preschool and Occasional Care will review the Hot Weather Policy and conduct a Site Heat Risk Assessment every 2 years incorporating current advice from recognised authorities

Date: 28-3-2017

Review: 28-3-2019

APPENDIX 1

Treatment of Heat Stress

Medical assistance.

Removal of the person from the heat source.

Rest in coolest possible place and provide cool drinking water.

Treatment of Heat Stroke

Treat the affected person **immediately** as heat stroke can cause permanent damage or death. The immediate first aid measures that can be taken while waiting for help to arrive include:

Get the person indoors.

Remove clothing and gently apply cool water to the skin followed by fanning to stimulate perspiration.

Apply ice packs to the groin and armpits.

Have the person lie down in a cool area with their feet slightly elevated.

Intravenous fluids are often necessary to compensate for fluid or electrolyte loss.

Bed rest is generally advised and body temperature may fluctuate abnormally for several weeks after heat stroke.

HEAT STRESS SYMPTOMS FIRST AID TREATMENT HEAT STRESS STAGES	SYMPTOMS	TREATMENT (<i>First Aid</i>)
HEAT CRAMPS	<p>Heavy perspiration, tired and thirsty. Irritability, loss of appetite. Prickly heat rash, nausea. Muscle spasms / twitching, moist cool skin. Painful muscle cramps (limbs and abdomen).</p>	<p>Drink more water. Have a cold shower/bath. Lie in a cool place with legs supported and slightly elevated. Massage limbs gently to ease spasms, or firmly if cramped, then apply ice packs and drink glucose solution. (e.g. cordial). Do not have salt.</p>
HEAT EXHAUSTION	<p>Profuse perspiration. Cold, clammy, pale skin. Fatigue, weakness and restlessness. Headache and vomiting. Weak but rapid pulse. Poor Coordination. Normal temperature, but faintness.</p>	<p>Lay victim down in a cool place as for heat cramps. Loosen clothing and apply wet cloths to head and body. Fan the victim, or move them to an air conditioned environment. Give sips of cold water. If vomiting continues, seek medical assistance immediately.</p>
HEAT STROKE	<p>Confusion, headache, nausea, dizziness. Skin flushed, hot and unusually dry. Dry swollen tongue. High body temperature (>40oC). Deep unconsciousness may develop rapidly.</p>	<p>Seek medical assistance urgently. In the meantime: Lay victim in a cool place and remove outer clothing. If unconscious, check airway and breathing. Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet). When conscious, give sips of water.</p>

<http://www.decd.sa.gov.au/docs/documents/1/HotWeatherGuidelinesPresc.pdf>

Hot Weather Guidelines for Preschools 7/02/2011

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