## ST. EDMUND CAMPION C.S.S.

**Hot Weather Plan**

### **SYMPTOMS**

Recognizing that heat stress can be deadly, students and staff are asked to be mindful of symptoms of heat stress such as fatigue, weakness, and dizziness.

#### **PROTECT YOURSELF**

1. Stay hydrated.
2. Use sunscreen.
3. Keeping your head covered outdoors.

**HEAT-RELATED ILLNESSES AND PREVENTION STRATEGIES**

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| **HEAT-RELATED ILLNESSES** | **PREVENTION STRATEGIES** |
| Heat rash | Wash regularly to keep skin clean and dry |
| Sunburn | Stay in a shaded area and cover skin with clothing |
| Heat Cramps | Add salt to your food |
| Fainting | Reduce activity levels and/or heat exposure |
| Heat Exhaustion | Drink fluids regularly |
| Heat stroke | Check on one another to help spot symptoms |

\*Should the temperature rise over 30 degrees and the humidex rise over 40 degrees the hot weather plan will be initiated.

**Responses to hot conditions based on Humidex:**

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| **Humidex** | **Response** |
| 32-35 | Remind staff and students to drink water |
| 36-39 | Post Heat Stress Alert notice via announcements |
| 40-42 | Post Heat Stress Warning notice |
| 43 and over | Staff or students with symptoms should seek medical attention |

