















Juniper Hill School – Risk Assessment Hot Weather July 2025

<p>Purpose of Risk Assessment The main risk from heat is dehydration. When the Met Office issue Yellow Warnings the weather can get very hot</p>	<p>People Involved All of the staff and children at Juniper Hill School. All of the Juniper Families</p>
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Theme What are the hazards?	Who might be harmed and how? (Who is at special risk)	What are you already doing? (Current control measures, including those for people at special risk)	What further action is necessary? (Further control measures)	RISK LEVEL (Low, Medium, High)	Action by whom	Additional Information/ Review Notes.
<p>Health risks from heat Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat- related illness can range from mild heat stress to potentially life-threatening heatstroke.</p>	Children and adults in school	<p>The children have water bottles in school and are encouraged to drink during the day. We have a water station in the hall, children who come into the hall at lunchtime without a drink gets drinks from the water station.</p>	<p>Tell the staff to tell the children to have a big drink of water every 10 mins. Suggest to the families the children bring in an extra water bottle. Allow the children to bring in squash / cordial in their bottles if they really don't like water, the main objective is to make sure the children have plenty of liquid during the day. Allow the children to go to the toilet during lessons if they need to.</p>	Medium	All of the Juniper Team	All staff need to be encouraging the children to drink.
<p>Health risks from heat For all staff to be very clear about the signs of heat stress, heat</p>	Children and adults in school	This risk assessment informs the staff of the signs to look out for.	<p>Heat stress Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat</p>	Medium	All of the Juniper Team	All of the staff need to monitor the children (and each other) carefully.



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exhaustion and heatstroke.			<p>exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.</p> <p>Heat exhaustion Symptoms of heat exhaustion vary but include one or more of the following:</p> <ul style="list-style-type: none"> tiredness dizziness headache nausea vomiting hot, red and dry skin confusion <p>Heatstroke When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning. Symptoms of heatstroke may include:</p> <ul style="list-style-type: none"> high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke red, hot skin and sweating that then suddenly stops fast heartbeat fast shallow breathing confusion/lack of co-ordination			
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			<p>🚰 fits 🚰 loss of consciousness</p> <p>NB Actions to protect children suffering from heat illness The following steps to reduce body temperature should be taken immediately: Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap). Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan. Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes. If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately.</p>			
Protecting children outdoors	Children and adults in school	The children won't be participating in vigorous physical activity. We will monitor the temperature	Inform the families the children can wear PE shorts and light trainers if they wish. All children will need sunhats with wide brims to avoid sunburn, they may bring in sunglasses to protect their eyes.	Medium	All of the Juniper Team	Inform families in the newsletter



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		outside each day and decide if the children can go out. If they do, they will have to stay in the shade at the sides of the field and on the astro-turf.	Inform the families the children need to use sunscreen (at least factor 15 with UVA protection) before they come into school. The families will be informed via parentmail if the children are allowed to wear PE shorts. Children are to wear school uniform unless they are told otherwise.			
Protecting children indoors	Children and adults in school	Open windows as early as possible in the morning before children arrive. (CG, JGR or GP, whoever is in school first)	<p>Tell staff to almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation.</p> <p>Close indoor blinds or curtains, but do not let them block window ventilation.</p> <p>keep the use of electric lighting to a minimum – don't use the computer suite / laptops in classrooms. Reduce the use of the IWB (equipment should not be left in 'standby mode' as this generates heat)</p> <p>Skylarks is one of the hottest rooms in the school, allow Skylarks to use the hall / computer suite.</p> <p>We have installed air-conditioning in the two Year 6 classrooms. Skylarks can move into the hall or Kingfishers if their classroom becomes too hot.</p>	Medium	All of the Juniper Team	Inform GP about opening the doors and windows. Inform staff they can bring in their own fans if they wish.



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			<p>We have a limited number of fans in the school, allow staff to bring in any fans from home. Staff are responsible to turning them off at the end of the day as they won't have been PAT tested. NB oscillating mechanical fans can be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration</p>			
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Claire Garnett – Headteacher