

# Heatwave: Stay safe and healthy

A heatwave is a period of unusually hot weather in an area that lasts 3 days or more. Heat puts stress on our bodies and hot nights make it harder to recover.

## Your checklist to help keep students safe and healthy during a heatwave:

### Stay informed

- Stay up to date on heatwave alerts ([emergency.wa.gov.au](https://www.emergency.wa.gov.au)).

### Stay in contact

- Know your school heatwave and first-aid procedures.
- Check on students throughout the day, especially those with additional vulnerabilities.

### Drink plenty of fluids

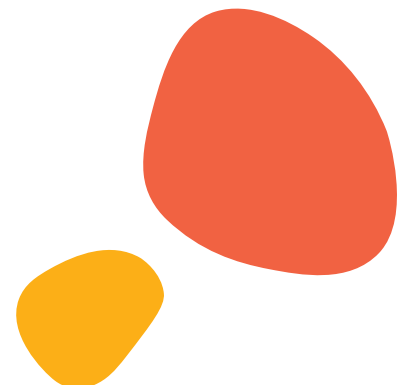
- Encourage students to drink plenty of fluids regularly throughout the day – this includes water, diluted juice (mixed with water), and low sugar electrolyte or sports drinks.
- Ensure you also drink plenty of fluids. Avoid drinks containing caffeine such as coffee, tea, and caffeinated energy drinks.

### Keep cool in the classroom

- Keep windows, blinds and curtains shut during the hottest parts of the day to block out the heat.
- Use air-conditioning and fans to keep the classroom cool.
- Open windows and doors during cooler parts of the day to ventilate and cool the classroom if it is safe to do so.
- Identify other school areas to use if the classroom becomes too hot (e.g. library).

### Stay safe outside

- Ensure students wear a wide brim hat, apply sunscreen, and try to stay in the shade when outside.
- Postpone or modify outdoor activities to include more rest periods.
- Ensure students have access to the coolest areas of the school for recess and lunch.
- Store school lunchboxes in cool areas to reduce the risk of food poisoning and dispose of any spoiled food.
- Provide additional drinking water stations and ensure students know where they are located.
- Ensure students stay cool during school excursions. Never leave students unattended in school buses.



# Know the signs of heat-related illness and act fast



## Dehydration

Feeling thirsty, a dry mouth, and darker urine.



## Treatment

Rest in a cool area, remove excess clothing and drink water.



## Heat stress

Pale skin, excess sweating or no sweating, and dark urine.



## Treatment

Lie in cool area and remove excess clothing. Apply wet cloths, cold water or wrapped icepacks to the skin (armpits) and drink water. Call triple zero (000) if symptoms do not improve in 30 minutes.



## Heat stroke

Confusion, incoherent speech, abnormal walking, seizures or coma.



Heat stroke is a life-threatening medical emergency. Immediately call triple zero (000).

If you or someone you know is ill, contact your regular health care provider or call Healthdirect Australia on 1800 022 222. In an emergency go to your nearest hospital or call triple zero (000).

For more information, visit [healthysa.gov.au](https://www.healthysa.gov.au)

