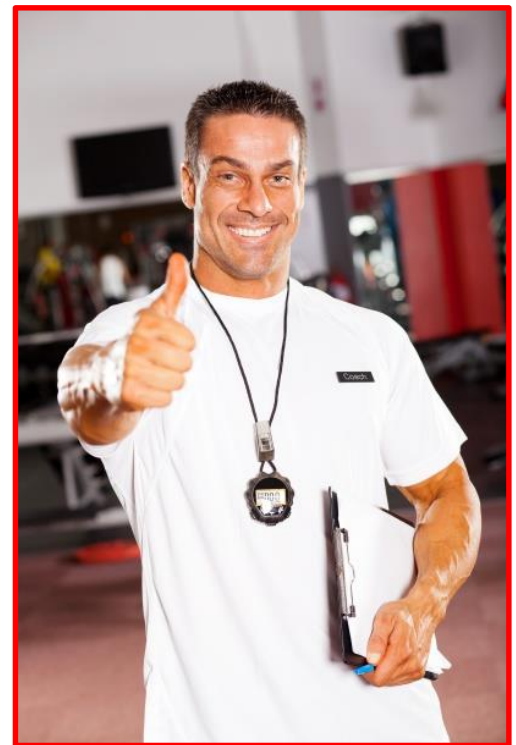


Staying Cool and Safe During the Hot Weather Months

Heat related illnesses can occur at any time of the year, but most often during spring and late summer. If you are an individual who regularly works outdoors, (PE Teachers, ASP, Grounds Staff), it's important that you monitor the daily weather conditions and take the necessary precautions to avoid heat-related illnesses to YOURSELF or to the students.

Protecting Students:

- Avoid having students participate in high-impact outdoor activities during the hottest part of the day generally between 11 am and 3 pm.
- Pay attention to those students with chronic health issues.
- During recess and PE, look for signs of excessive heat-exposure and encourage students to be in shaded areas not sitting on the blacktop or running excessively.
- If you're planning special sporting events, make sure that someone is assigned to look for signs of heat-related issues. Provide a hydration (water) station for the event.
- Work with your Administrator to obtain alternative lesson plans to be conducted indoors on those high temperature days.
- Use extra precautions when practicing on concrete or asphalt.
- Encourage students to bring their own water during field trips.



Recommended Practices for Staff:

- Be aware of your own risk factors and how sun exposure may impact you personally. Consider your age, health, medication, and personal habits.
- Educate yourself on the symptoms of heat-related illnesses and signs of excess sun exposure.
- Keep your body hydrated by drinking water throughout the day and avoid excess caffeine.
- Remove yourself from the sun by using trees, building structures, and EZ Ups to provide shade.
- Consistently wear sun block (SPF 30 or higher) and reapply according to the manufacturer's label.
- Select clothing that provides UV protection and has long sleeves and pants.
- Wear a wide-brimmed hat and sun glasses.
- Stay informed throughout the day by downloading a Weather App to your smartphone.

OSHA considers 90 degrees as the action limit for employees to follow safe guidelines to prevent heat-related illness and excess sun exposure. Use the Heat Index to determine what the actual temperature feels like outside and what you should do to adjust your activities throughout the day. The Heat Index is determined by the actual temperature and humidity combined.