IN AN EMERGENCY, CALL TRIPLE ZERO (106 FOR PEOPLE WITH A HEARING OR SPEECH IMPAIRMENT)

› Heatwaves kill more Australians than any other extreme weather event and those most at risk include the very young, including school children.
› Climate change is already increasing the intensity and frequency of heatwaves in Australia.
› Below are some key tips on what teachers can do to keep children safe during a heatwave at school. Make sure you check with your school, council or state Department of Education and Training to hear their heatwave response plan.

IN THE CLASSROOM

› Ensure all children are trained in heat safety.
› Rearrange activity schedule to minimise physical exertion in the heat.
› Keep the classroom cool and well air-conditioned if possible.
› Avoid using a fan when the indoor temperature is higher than 37°C.
› Ensure children continue to hydrate and monitor the hydration of children with special needs.

RECESS AND LUNCHTIME

› Make sure children stay out of the sun and where possible increase access to the coolest areas of the school buildings and grounds.
› Ensure water is freely available to all.
› Children should be encouraged to drink plenty of water regularly and wear a hat and sunscreen while outside.
› Ensure school lunchboxes are stored in cool areas.
› Dispose of spoilt food.
› Familiarise yourself with signs of heat illnesses.
› Watch for signs of heat-related illness and if mild, remove child from heat and initiate cooling, if more severe seek immediate medical assistance.

OUTDOOR SCHOOL SPORTS

› Outdoor sports should be modified to increase rest periods, or postponed during extreme heat or heatwave conditions.

ALWAYS STAY HYDRATED

› Teachers should stay hydrated and encourage others to drink plenty of water.
› Avoid drinks containing caffeine such as coffee and tea.

MORE INFO