



## Great Denham Primary School Risk Assessment- Amber Heat Alert ( Hot Weather) 2026

### Hazard

High temperatures and prolonged exposure to heat resulting in heat exhaustion, dehydration, sunburn, reduced concentration, illness, or medical emergencies affecting pupils, staff, and visitors.

### Persons at Risk

- Pupils (particularly EYFS and younger children)
- Staff
- Volunteers
- Visitors
- Vulnerable individuals (medical conditions, disabilities, asthma, diabetes, pregnancy etc.)

<b>Hazard/Risk</b>	<b>Potential Harm</b>	<b>Existing Controls</b>	<b>Additional Actions Required</b>	<b>Responsible Person</b>
Dehydration	Headaches, dizziness, heat exhaustion	Water bottles available in classrooms; regular drinking reminders	Increase supervised water breaks throughout the day	Class Teachers
Excessive heat in classrooms	Discomfort, fatigue, reduced concentration	Windows and doors opened where safe; blinds closed during peak sun ( and windows and doors)	Relocate classes to cooler areas if necessary; use fans where available	Site Manager / SLT
Outdoor play during hottest part of day	Heat exhaustion, sunburn	Shade areas available	Shorten or cancel outdoor activities between 11am–3pm; provide indoor alternatives	SLT / Teachers
Sun exposure	Sunburn, heat-related illness	Parents advised to apply sunscreen before school; hats encouraged	Remind pupils to wear hats and remain in shaded areas	Class Teachers
Physical Education activities	Overheating, exhaustion	Risk assessed by staff	Cancel PE lessons when too hot	PE Lead / Teachers
Vulnerable pupils and staff	Increased risk of illness	Medical information held by school	Monitor vulnerable individuals more frequently; implement individual care plans	SENCO / First Aiders

Hazard/Risk	Potential Harm	Existing Controls	Additional Actions Required	Responsible Person
Lunch and break times	Excessive exposure to heat	Shaded areas available	Increase access to indoor spaces and water stations. Indoor play if too hot. All children must wear a hat.	Lunchtime Supervisors
School trips and outdoor events	Heat-related illness	Educational visits risk assessed	Review and postpone activities if necessary; ensure additional water and shade	Visit Leader
Staff wellbeing	Heat stress, fatigue	Staff access to drinking water	Encourage regular breaks and hydration	Line Managers
Heat exhaustion emergency	Serious illness requiring medical treatment	Trained first aiders on site	Ensure all staff recognise symptoms and know emergency procedures	First Aid Lead

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## Control Measures

### Hydration

- Encourage pupils and staff to drink water frequently.
- Ensure water bottles are available and refilled regularly.
- Monitor younger children to ensure adequate fluid intake.

## Environment

- Keep blinds and curtains closed on sun-facing windows.
- Ventilate rooms during cooler periods.
- Use shaded areas wherever possible.
- Consider temporary relocation of activities to cooler spaces.
- Review kitchen menu to avoid cooking and offer packed lunches only

## Outdoor Activities

- Limit outdoor activities during peak temperatures (11am–3pm).
- Cancel or modify sports days, PE lessons, and strenuous activities if necessary.
- Increase supervision of pupils outdoors.
- Offer paddling pools to children up to year 4 – ensure supervised by an adult at all times – feet only in.

## Sun Protection

- Encourage wide-brimmed hats and suitable clothing.
- Remind parents to apply sunscreen before school.
- Promote use of shaded play areas.

## Monitoring

- Staff to monitor pupils for signs of:
  - Excessive sweating
  - Dizziness
  - Headaches
  - Nausea
  - Fatigue
  - Confusion

## Emergency Procedures

If a pupil or member of staff displays signs of heat exhaustion:

1. Move them to a cool, shaded area.
  2. Provide cool drinking water.
  3. Remove excess clothing.
  4. Cool the skin using damp cloths or fans.
  5. Monitor condition closely.
  6. Contact first aid staff immediately.
  7. If symptoms worsen or heatstroke is suspected, call 999.
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## Approval

Assessor Signature: \_\_\_\_\_

Headteacher Signature: \_\_\_\_\_

Date: \_\_\_\_\_