

STAYING COOL IN HOT WEATHER

Simple ways to keep yourself, your pupils, staff and visitors safe and comfortable during the hot weather.



STAY HYDRATED

Drinking regular fluids throughout the day helps your body stay cool and work it's best.



Drink plenty of water, adding sugar-free cordial if preferred.



Water-rich foods like melon, watermelon, cucumber, strawberries and salads can help keep you hydrated.



Ice lollies and ice-cream can also contribute to fluid intake.



Plan regular drink breaks, such as every 30 minutes.



Avoid alcohol and limit excessive caffeine, which may contribute to dehydration.



KEEP COOL

Keep your environment cool and plan ahead.



Stay in the shade or indoors during the hottest part of the day (11am to 3pm)



Open windows in the early morning and evening to let cool air in. Close windows, curtains and blinds during peak heat.



Use fans and air conditioning where available.



Schedule physically demanding activities outside the hottest hours where possible.



Cool down with a shower, cool bath, damp cloth on your neck/wrists, or use a water mist spray.



DRESS FOR THE WEATHER

What you wear can help you stay cooler for longer.



Wear lightweight, loose-fitting, light coloured clothing.



Choose fabrics such as breathable cotton or linen.



Wear sunscreen to protect your skin from sun damage.



Wear a hat and UV-protective sunglasses outdoors.



Choose breathable, well-fitting footwear to help keep your feet comfortable in hot weather.



KNOW THE SIGNS

Watch out for headaches, dizziness, heavy sweating, nausea, muscle cramps, weakness, fatigue or reduced concentration.

If you notice these symptoms, move to a cool place, drink water and tell a colleague or responsible adult.



TAKE EXTRA CARE

Some medical conditions and medications including diabetes, asthma and certain antidepressants or diuretics can make it harder for you to regulate your body temperature.

Take extra care and seek medical advice if needed.



STAY HYDRATED



SEEK SHADE



STAY SAFE

