

Christ the Teacher Catholic Schools

ADMINISTRATIVE PROCEDURES

SECTION: 100 – GENERAL ADMINISTRATION **CODE:** AP 318
PROCEDURE: **HEAT ILLNESS**

BACKGROUND

The body produces heat as it generates energy. Unless the heat can be lost, it will build up and cause the body's internal temperature to rise. Serious illness will result.

PROCEDURES

HEAT INDEX	AFFECTS ON THE HUMAN BODY	PROCEDURE
27 to 32° C	<ul style="list-style-type: none"> ◆ Fatigue possible with prolonged exposure and/or physical activity. 	
33 to 40° C	<ul style="list-style-type: none"> ◆ Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity. ◆ Dehydration and salt loss will produce: cramps, weakness, dizziness, disorientation, vomiting, clammy skin, pulse is weak and slow, and complexion is pale or flushed. 	<ul style="list-style-type: none"> ◆ Move the victim to a cool area to rest and provide salty water to drink. ◆ Victim is to rest in bed until recovered. ◆ Seek medical attention.
41 to 54° C	<ul style="list-style-type: none"> ◆ Sunstroke, heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity. ◆ Dehydration and salt loss will produce: cramps, weakness, dizziness, disorientation, vomiting, clammy skin, pulses is weak and slow, and complexion is pale or flushed. 	<ul style="list-style-type: none"> ◆ Move the victim to a cool area to rest and provide salty water to drink. ◆ Sponge victim. ◆ Elevate legs above heart. ◆ Victim is to rest in bed until recovered. ◆ Seek medical attention.
55° C or above	<ul style="list-style-type: none"> ◆ Heat stroke highly likely with continued exposure. ◆ Heat stroke occurs when the sweat system fails to maintain a heat balance and victim stops perspiring. ◆ Symptoms: high temperature, hot, flushed dry skin, dilated students, increased blood pressure, weakness, offensive body odor, and pounding pulse. ◆ Confusion, seizures or loss of consciousness may develop. 	<ul style="list-style-type: none"> ◆ Call a doctor. ◆ Reduce body temperature as fast as possible – ice bath. ◆ Elevate head. ◆ Provide fluids. ◆ Victim must be taken to the hospital immediately. ◆ Keep the victim cool by sponging body with cool water.

Reference: Sections 85, 87, 108, 109, 175, 188, 190, 231 Education Act

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