

The Four P's of Heat Safety

Prevent

- Know the weather conditions
- Know how to avoid heat illness
- Know the warning signs
- Know how to treat the symptoms

Prepare

- Get eight hours of sleep
- Eat a good breakfast
- Wear light clothing
- Acclimate to the heat in advance

Proper Hydration

- Drink water before the activity
- Drink water during vigorous exercise
- Drink water in the evening to recover

Plan

- Provide accurate emergency contact information
- LRSD has an emergency plan in place
- LRSD staff have been certified in CPR and trained in the proper treatment of heat-related illnesses



THE LITTLE ROCK SCHOOL DISTRICT

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What are the symptoms of heat-related illnesses?

Heat Cramps

Heat cramps are the tightening and spasms experienced in large muscle groups (e.g. quadriceps, hamstrings, etc.). It is often preceded by heavy sweating and large electrolyte loss. Stop the activity, find a cool spot to gently stretch and massage the muscle, and drink sports drinks that contain important electrolytes including sodium.

Heat Exhaustion

Signs and symptoms of heat exhaustion include profuse sweating, dehydration, fatigue, lightheadedness, rapid pulse, and low blood pressure. Body temperature may be slightly elevated. Lie in a cool place with legs elevated. Apply cool, wet towels to the body. Drink cool fluids, and monitor vital signs.

Heat Stroke

This is the most serious heat-related illness. With heat stroke, an athlete will have a high body temperature of 104° F or higher and could have red, hot, dry or moist skin, vomit, be incoherent or lose consciousness, have shallow breathing and/or a weak pulse. He or she might experience mild shock, convulsions, or a coma, and can die from heat stroke. Cool by ice or any means possible, as quickly as possible.

How much water?

When participating in prolonged physical activity...

- a child weighing 88 pounds should consume 5 ounces of water every 20 minutes
- a child weighing 132 pounds should consume 9 ounces of water every 20 minutes

What is LRSD doing to ensure safety?

- LRSD staff are trained to identify symptoms, treat heat illness, and use CPR (cardiopulmonary resuscitation) and AED (emergency defibrillator).
- Students are watched closely during outdoor play for the following symptoms: nausea, headache, weakness, fainting, poor concentration, flushed skin, light headedness, loss of muscle coordination, fatigue, vomiting.
- Indoor activities are planned when the heat index goes above 105 degrees.
- During hot and humid weather, regular rest periods are scheduled in the shade with players drinking water every 15 minutes.
- The district provides water and sports drinks for breaks.