

# Keeping children safe in hot weather

Guidance regarding keeping children safe in hot weather from Public Health.

## Key points for education and early years providers during hot weather

Please note the new guidance for [looking after children during hot weather](#) is available from the GOV.UK website. It is predicted that there will be more periods of hotter weather in future years so any changes or investment in buildings or resources you make now will help in the future.

Key points from the guidance to take note of are:

- Sign up to the new [Heat-health alert service](#), to ensure you are alerted to periods of hot weather in order to take appropriate action.
- Look at creating shade including with blinds, shutters, sun awnings and planting.
- Encourage frequent fluid intake across children and adults – assess access to water points and toilets to increase water intake.
- Encourage shade during outside breaks, sun cream and hats for both children and adults.
- Look at timing of events such as sports days and school fairs where children, staff and parents/carers are spending time outdoors. Avoid the hottest part of the day between 11am and 3pm. Children should not take part in strenuous physical activity on very hot days.
- Know the signs of heat illness and the actions to take.
- Look at the guidance for reducing indoor air temperature; [Beat the heat: keep cool at home checklist](#) and [Beat the heat: hot weather advice](#) both are available from the GOV.UK website.

## Sun safety resources

[Teenage Cancer Trust](#) has created a host of exciting and easy to use resources to teach sun safety in schools.

[NHS guidance for sun safety](#) - There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

[NI Direct](#) – Government information services.

The unpredictability of our summers can lead to many people thinking they will not get sunburn in such a changeable climate.

[Sun Safe Schools](#) help with assisting primary schools in their duty of care and preventing skin cancer through education.

[Tips for staying safe in the sun \(CBeebies\)](#)