

# Keeping children safe during hot weather



- Are you aware children are more vulnerable to the hot weather?
- Children cannot control their body temperature as efficiently as adults because they do not sweat as much.
- Here are some top tips to keep children safe in the heat.

## Stay cool

Avoid direct sunlight during the hottest times of the day from 11am – 3pm.

## Be prepared!

Think about signing up to the Heat-Health Alert service which forewarns of high temperatures to ensure plans are in place and to be prepared for hot weather. [Heat-health Alert service - Met Office](#)

Ensure you are aware of the procedures in your setting if there is a heatwave and any action you may need to take.

Staff should be aware of health risks from heat, including heat stress, heat exhaustion & heatstroke. It is important to be aware of the symptoms and how to treat.

[Looking after children and those in early years settings during heatwaves](#)

## Stay hydrated

Provide and encourage frequent drinks to children to ensure they are hydrated.

## Staying safe outside

Ask parents to dress children in loose-fitting, light-coloured clothing that covers as much of their child's body as possible.

Children should wear hats that shade the face, neck, and ears.

Apply sunscreen before going outdoors and reapply every 2 hours.

Children should be encouraged to stay in the shade as much as possible.

## Remember:

- ✓ The best way to enjoy the sun safely and protect your skin is to use shade, clothing, and sunscreen
- ✓ Shade and clothing are better than sunscreen at protecting your skin.
- ✓ Sunscreen shouldn't be used to spend longer in the sun. But they can be useful for protecting the parts of the body not covered by clothing or shade.

Note: This guidance applies equally to adults.

For more information visit: [Keeping cool in summer - Derbyshire County Council](#)