



Extreme Heat Safety Training for Early Care & Education Providers

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Office for the Advancement for Early Care and Education
Los Angeles County Department of Public Health

Presented by:

Community Engagement Unit

- Extreme heat
- Impact on health
- Protect children and staff
- Support

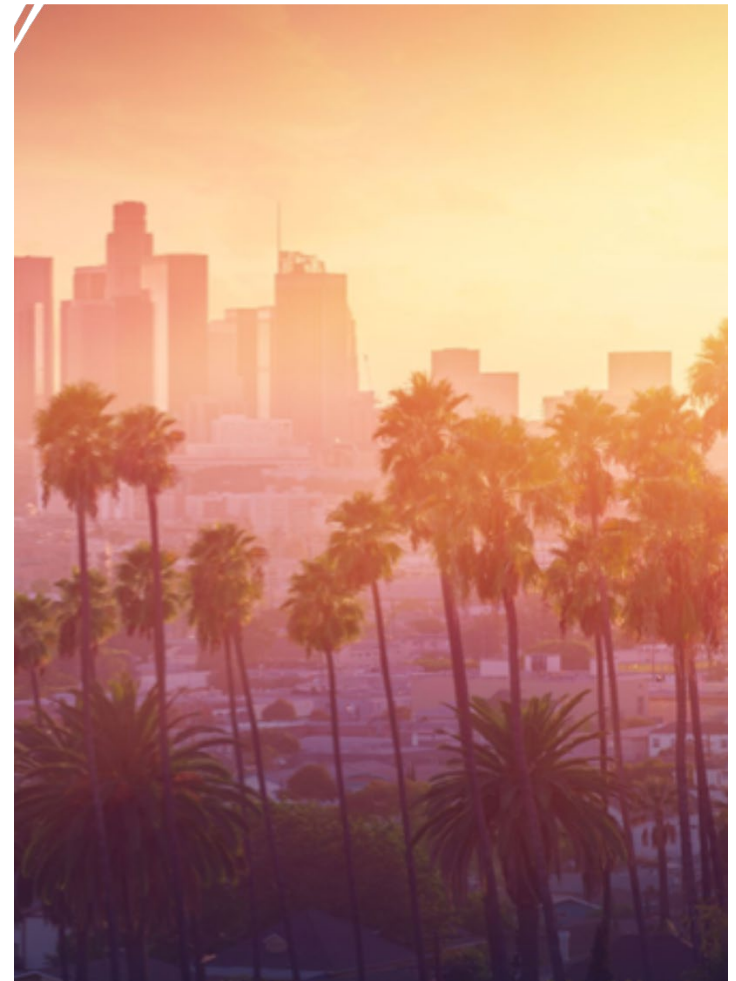


Extreme Heat is a period of high heat and/or humidity with temperatures above 90°F (degrees Fahrenheit) for 2-3 consecutive days.

Extreme heat is the deadliest climate-related hazard.

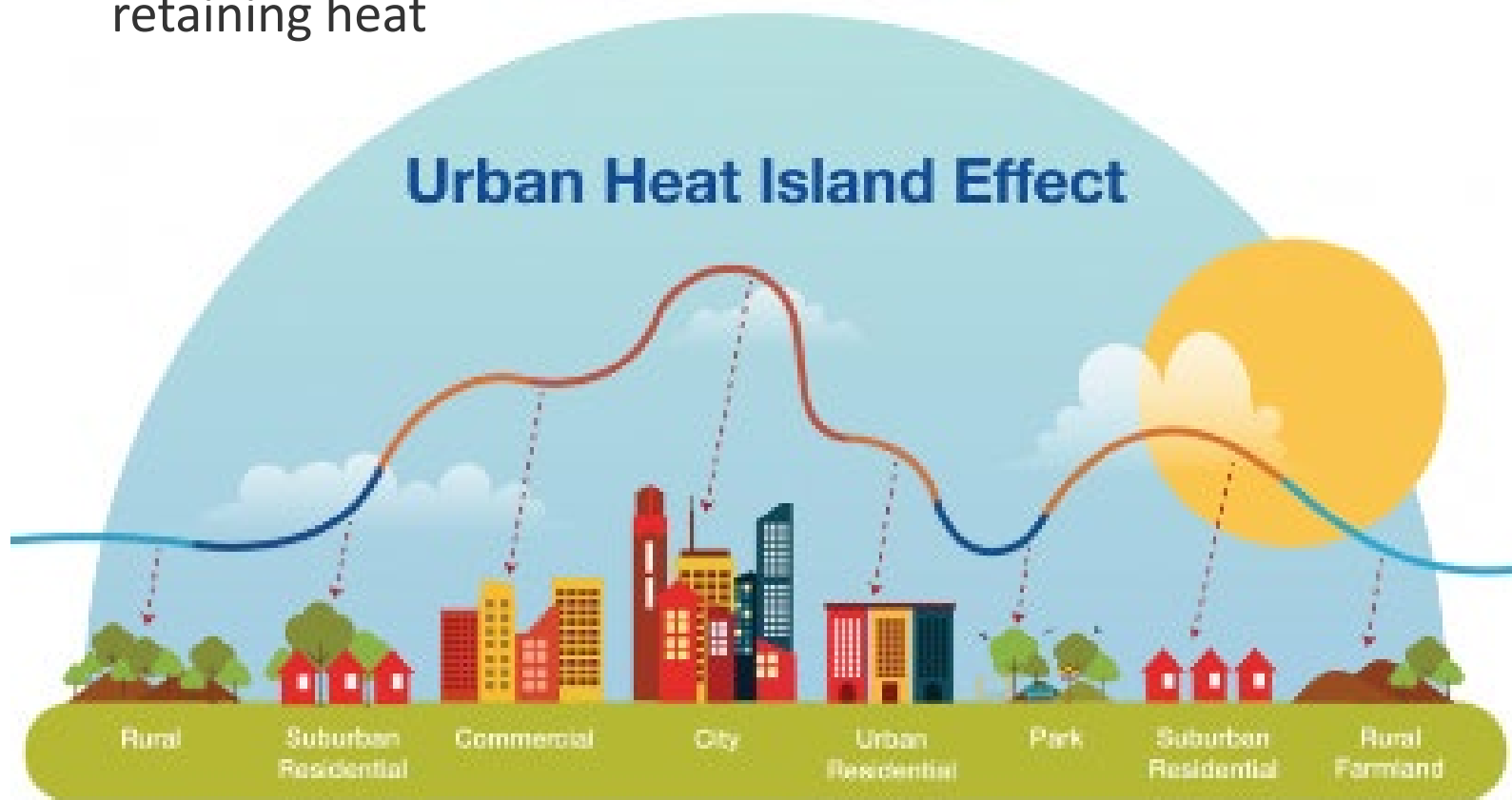
It's Getting Hotter in LA County

- Longer, hotter days and heat waves are becoming more common
- Heat waves last longer and more often



What is an Urban Heat Island?

- Significantly warmer areas in a city than surrounding rural areas
- Caused by human activities and structures absorbing and retaining heat



Playgrounds can be an Urban Heat Island

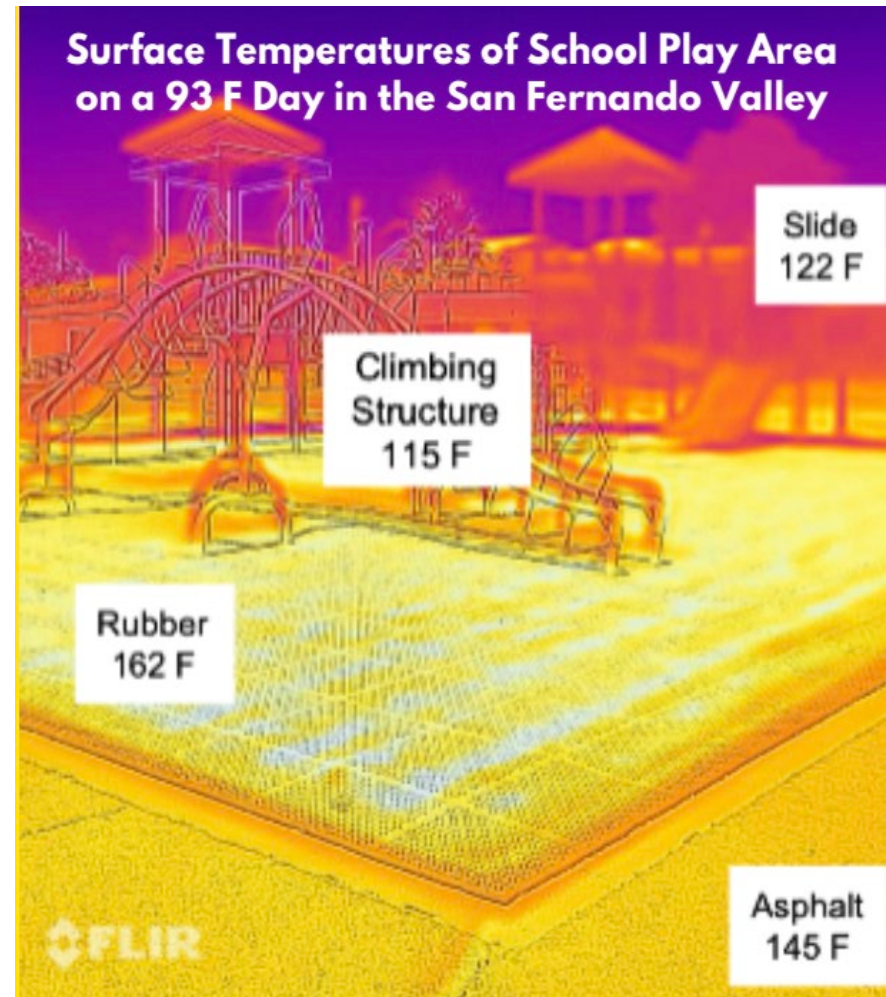
Paved Surfaces + Limited Vegetation/Trees Providing Shade = Urban Heat Island

- Many playgrounds are covered with **asphalt or concrete**
 - These materials absorb, retain, and radiate heat from the sun
- Many have **limited vegetation or trees** to provide shade and cooling
 - As a result, playgrounds heat up significantly

Example:

On a 93°F day, a playground's...

- ✓ Rubber Surface = 162°F
- ✓ Asphalt = 145°F
- ✓ Slide = 122°F
- ✓ Climbing Structure = 115°F



Refer to the following licensing regulations regarding temperature requirements:

Title 22 Regulations Section	
Child Care Centers (CCC)	Family Child Care Homes (FCCH)
<u>101239- Fixtures, Furniture, Equipment and Supplies</u>	<u>102417- Operation of Family Child Care Home</u> partly states: <i>“The home shall be kept clean and orderly, with heating and ventilation for safety and comfort.”</i>

Web Links

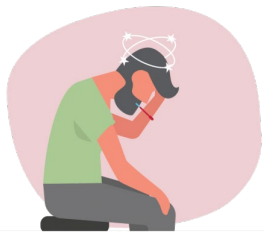
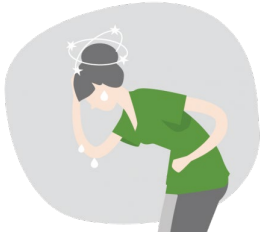
- **Provider Information Notices:** [PIN 23-09-CCP](#) and [PIN 23-13-CCLD](#)
- **Disaster Resources:** <https://cdss.ca.gov/inforesources/child-care-licensing/public-information-and-resources/disaster-resources>

What is Heat Illness?

- Health condition due to **excessive heat**
- Inability of the body to **regulate temperature**
- Range of conditions (mild to severe)
- Can also be caused by intense **physical activity**



Image: <https://esafety.com/6-types-of-heat-related-illnesses/>



When the Body Overheats

	Heat Cramps <i>When the body gets too hot becomes dehydrated, losing nutrients, causing painful muscle spasms.</i>	Heat Exhaustion <i>When the body gets too hot and loses a lot of water and salt from sweating too much.</i>	Heat Stroke <i>When the body gets too hot and can not cool down by itself anymore.</i>
What to watch for:	- Sweating heavily during strenuous exercise - Muscle pain or spasms	- Heavy sweating - Cold, pale, and clammy skin - Fast, weak pulse - Muscle cramps - Tiredness or weakness - Dizziness - Headache - Nausea or vomiting - Fainting (passing out)	- High body temperature (103°F or higher) - Hot, red, dry, or damp skin - Fast, strong pulse - Dizziness - Headache - Nausea - Confusion - Losing consciousness (passing out)
What to do:	- Stop exercising and find a cool area - Drink water or a sports drink - Wait until cramps ease before resuming activity	- Move to a cool place - Loosen your clothes - Put cool, wet cloths on your body or take a cool bath - Sip water	Call 911 - Move the person to a cooler place Lower the person's temperature with cool cloths, bath or ice ASAP - Do not give the person anything to drink
Get medical help right away if:	- Cramps persist for > 1 hour - You follow a low-sodium diet - You have heart issues - Your symptoms get worse and are concerning	- You are throwing up - Passing out - Your symptoms get worse and are concerning	Heat stroke is a medical emergency! Call 911 right away!

High risk of dehydration & heat exhaustion because:

- ☐ Small body size
- ☐ Less ability to regulate body temperature
- ☐ Can't cue or register heat or thirst
- ☐ Can't remove themselves from hot temperatures
- ☐ Completely dependent on caretakers for hydration and protection from heat



Examples of signs & symptoms:

- Sleepy/difficulty waking up
- Little urination
- Fewer wet diapers
- Signs of dehydration, no tears when crying, etc.
- Sunken eyes



At risk of dehydration and heat exhaustion because:

- ☐ Don't register dehydration
- ☐ Can't remove themselves from hot temperatures
- ☐ Completely dependent on caretakers for hydration and protection from heat
- ☐ May have issues recognizing or explaining their symptoms
- ☐ May suffer from heat exhaustion more quickly due to outdoor activities and sports
- ☐ Higher risk if have health conditions (e.g.: asthma, diabetes, heart conditions)



What to do:

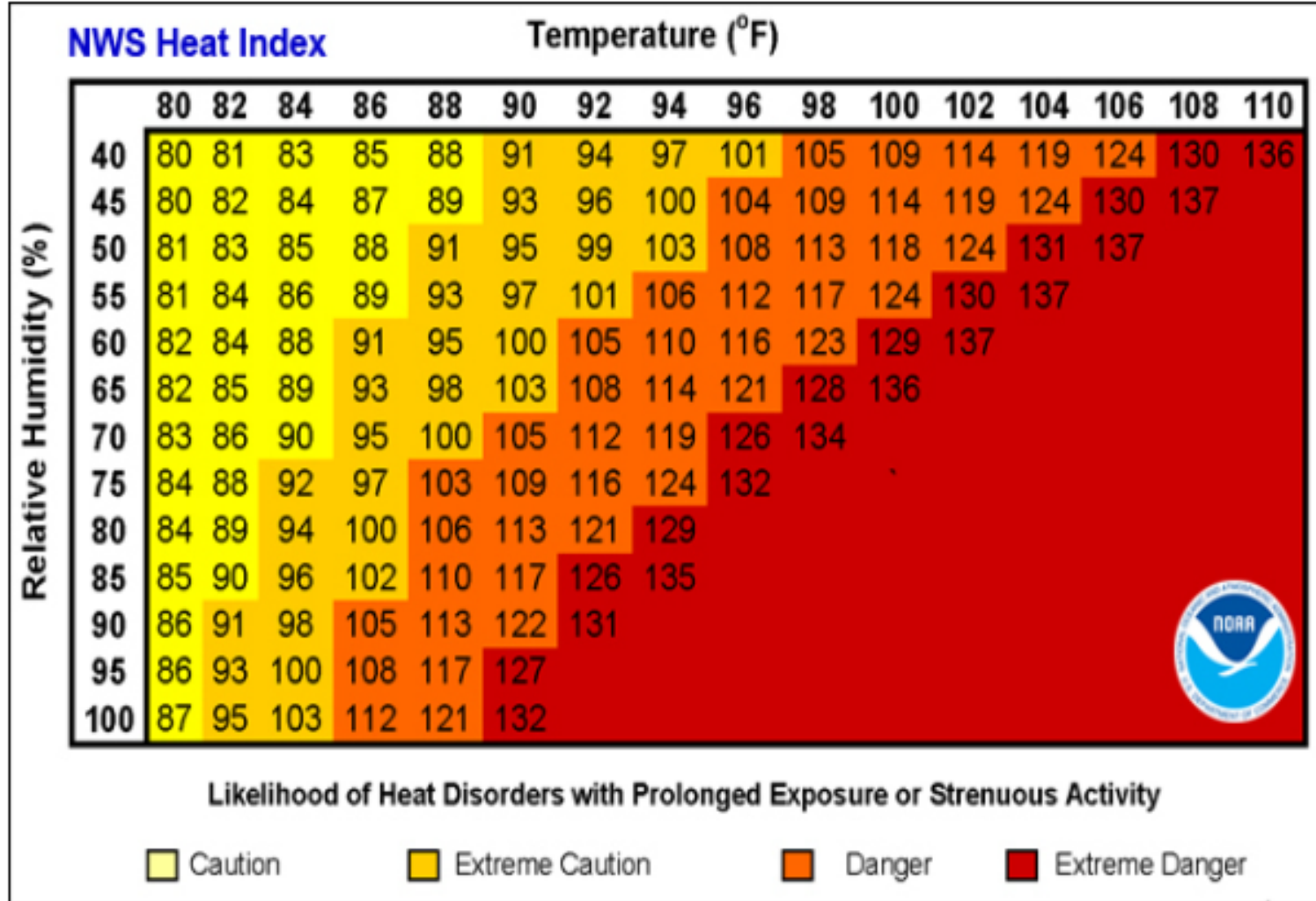
- Need support with **hydration, shading, breaks**, and signs of heat illness
 - Need to drink plenty of water, regardless of activity level and even if not thirsty
- Need to **wear lightweight and loose-fitted clothes**
- Apply **sunscreen** with at **least 15 SPF, 30 minutes** before going outside
 - *Child care programs must have written approval from a child's authorized representative prior to using any over-the-counter medication, including sunscreen*
- **Never** leave children **alone in a car**



RISK FACTORS for Different Groups of People

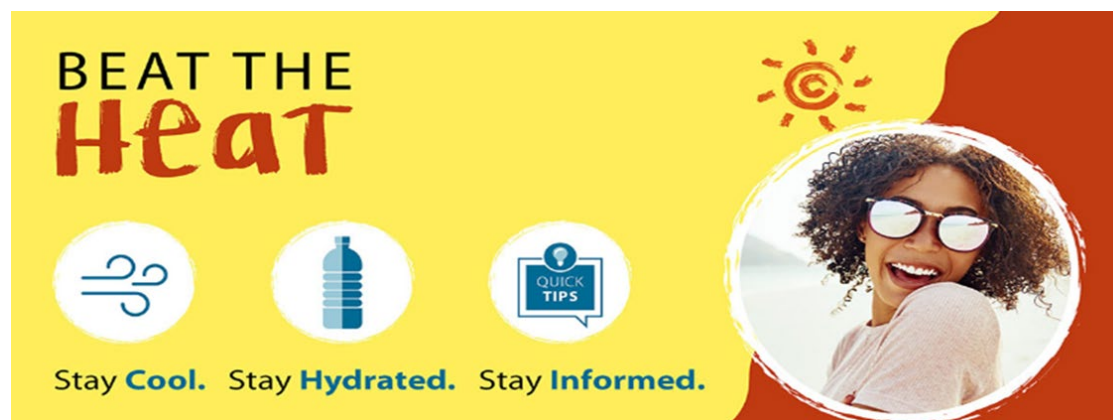


ADULTS	PREGNANT PEOPLE	OLDER ADULTS
• Physically active or work outdoors • Chronic health conditions (e.g.: asthma, heart disease, blood pressure, diabetes, mental health condition) create more risk • Using medications may create higher heat sensitivity • May not acknowledge risk or symptoms • May not have access to air conditioning	• Heart works harder to pump blood when pregnant ➤ Heat causes additional heart stress and raises blood pressure which may cause pre-eclampsia • Heat stress and dehydration can lead to complications like pre-term labor • Elevated body temperature may increase the risk of birth complications • Heat can intensify swelling, fatigue, and nausea • Pregnant people more likely to get heat exhaustion and heatstroke	• Decreased ability to regulate temperature • May not acknowledge risk • People on lower incomes have less access to air conditioning and transportation • Amplified risk: ➤ Chronic Illness and medications ➤ Living alone ➤ Lack of strong social connections



For more information on Heat Index and to check in your area: <https://www.weather.gov/ama/heatindex>

- ❑ It's getting hotter and extreme heat is a risk to health
- ❑ Infants, toddlers and other populations are at high risk of experiencing heat illness
- ❑ Check the weather and heat index
- ❑ Drink water throughout the day, avoid direct sunlight, and find a cool place with shade to rest
- ❑ Watch for symptoms of heat illness and know how to respond



Check the Weather

- ✓ Centers for Disease Control
(CDC): *Check heat risk by zip code*
<https://ephrtracking.cdc.gov/Applications/HeatRisk/>
- ✓ National Weather Service:
Check weather by city/zip code
<https://forecast.weather.gov/>

Title 22 Licensing Regulations

- ✓ Child Care Centers:
Section 101239: Fixtures, Furniture, Equipment and Supplies
- ✓ Family Child Care Homes:
Section 102417: Operation of Family Child Care Home

Extreme Heat, Cooling Centers, & Heat Illness Information

- Heat Tool Index:
<https://www.weather.gov/ama/heatindex>
- CDC: Heat Risk Info
<https://www.cdc.gov/extreme-heat/risk-factors/index.html>
- LA County:
 - ✓ Sign up for DPH heat advisories:
<https://bit.ly/DPHPartners>
 - ✓ DPH Extreme Heat Page with Resources
<http://publichealth.lacounty.gov/eh/safety/extreme-heat.htm>
 - ✓ Cooling Centers in LA County
<https://ready.lacounty.gov/heat/>
 - ✓ Pools & Splashpads in Los Angeles County
<https://parks.lacounty.gov/aquatics/>
 - ✓ Emergency Preparedness (pg. 14)
<http://www.publichealth.lacounty.gov/healthlibrary/topics/eprp/EPRP-EPRP-0012-01.pdf>

For Help Paying Energy Bills, Weatherization, Appliances, etc.:

- *LIHEAP: Low Income Home Energy Assistance*
 - ✓ www.energyhelp.us
 - ✓ Call: 1-866-674-6327
 - ✓ <https://www.acf.hhs.gov/ocs/programs/liheap/liheap-toolkits>
- **Cool LA** (LA County Dept. of Public Works)
<https://www.ladwp.com/residential-services/assistance-programs/cool-la>
- California Alternate Rates for Energy (CARE) & Family Electric Rate Assistance Program (FERA)
SoCal Edison, Pacific Gas & Electric Company
 - ✓ <https://www.cpuc.ca.gov/consumer-support/financial-assistance-savings-and-discounts/family-electric-rate-assistance-program>

THANK YOU!

Questions?

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