**Heat Related Illness Prevention and Management Plan – Prevention**

*Prevention strategies are to be utilized during the summer months and considered when hot weather conditions are most likely to occur. These strategies are resident focused.*

**Administration**

* Implement policies and procedures.
* Monitor and assess the need to declare heat related emergency.

**All Staff**

* Implement, evaluate and monitor the results of a hot weather-related plan.
* Monitor residents for signs and symptoms of heat related illness.
* Monitor indoor climate for overall comfort and report resident discomfort and/or temperature changes that would affect overall resident well-being health and safety.
* Keeps shades, drapes, blinds, and window coverings closed.

**Medical/Nursing**

* Assess need for and provide additional fluids to residents 24 hours per day, and seven days per week based on assessed need.
* Assess and implement body cooling strategies as required.
* Assess and provide additional skin care in response to hygiene requirements of each resident.
* Dress resident in suitable clothing and accessories that are appropriate for the weather conditions.

**Food Service/Nutritional Care**

* Assess the need to implement, all or part of, alternate menu plans or modify menus, including reducing the use of heat generating equipment.
* Assess the hydration status of residents and ensure the provision of additional fluids, including, but not limited to, implementing additional beverage passes and/or the provision of additional fluids in accessible locations.
* Offer a variety of beverage choices at meals and with snacks.
* Implement enhanced hydration protocols for those residents at increased risk for heat related illness.
* Ensure assistance is provided for residents who are unable to access fluids independently e.g. feeding assistance and adaptive devices.

**Programming**

* Carry out activity programs inside in cooler areas of the home utilizing additional cooling sources as warranted.
* Refrain from moderately intense physical activity.
* Incorporate frequent rest breaks and seated activities into programs.
* Provide fluid and additional external body cooling aids as needed.
* Limit outdoor activities to cooler times of the day and provide those activities in areas that are shaded from the sun.
* Encourage residents where feasible or appropriate to dress in appropriate clothing and provide sun blocking accessories.

**Maintenance**

* Implement strategies to maximize ventilation.
* Distribute cooling equipment and portable fans.
* Maximize use of an ice machine to support a continuous supply of ice.

**Office Staff**

* Record and monitor air temperatures for at least two resident’s bedrooms, in different parts of the home, as well as one common area once every morning, once every afternoon between 12 p.m. and 5 p.m., and every evening or night.