

### HEAT STRESS AND DEHYDRATION

- WHEREAS, The "Optimum Thermal Evaluator for Human Occupancy" states that associative and active learning occurs best at temperatures from 70 to 79 degrees; that temperatures from 85 to 90 degrees are incompatible with associative and active learning, and that temperatures higher than 90 degrees produce no associative or active learning; and
- WHEREAS, Utah State Health Department school regulations require that classroom temperatures of 74 to 79 degrees Fahrenheit are to be maintained during summer months or emergency measures are to be taken; and
- WHEREAS, The Boy Scouts of America Handbook states that heat exhaustion occurs in over-heated rooms; and
- WHEREAS, At 95 degrees Fahrenheit, the body can no longer cool itself; and as the body core temperature increases, heat stress causes children and adults to become ill and dehydrated; and
- WHEREAS, Heat stress is manifested by pale coloring, cold forehead sweat, shallow breathing, clammy body condition, vomiting, bleeding nose, and dehydration; and
- WHEREAS, As a result of smaller body mass, children's reaction to heat stress and dehydration is quicker and may be more profound than that of adults; and
- WHEREAS, The training and education of school personnel does not contain sufficient proficiency in health matters to gauge authoritatively the hazards of heat stress and dehydration; and
- WHEREAS, Children do not have control over their containment to unhealthy school environments or control over their access to adequate amounts of water; and
- WHEREAS, Environmental studies have shown that interior heat can be reduced by the planting of trees, window treatments, fans, strategic building ventilation and air conditioning; and
- WHEREAS, Children who have health problems are more susceptible and have lower tolerance for heat stress; and
- WHEREAS, Other states have established school related policies and solutions to intemperate classroom conditions, which include schedule adjustments, classroom temperature stress limits and school closure guidelines; now, therefore, be it
- Resolved, That Utah PTA encourage the Utah State Board of Education to develop guidelines which will recognize and improve intemperate conditions causing heat stress and dehydration; and be it further
- Resolved, That Utah PTA encourage the Utah State Legislature to provide adequate funding for districts to comply with the State Board of Education Guidelines; and be it further

Resolved, That Utah PTA encourage that Utah State Board of Education and the Utah State Office of Education to provide inservice training to district and local school personnel so that they can recognize, identify, and deal with unhealthy learning conditions which lead to heat stress and dehydration; and be it further

Resolved, That Utah PTA encourage local PTAs to work cooperatively with their districts in identifying and resolving unhealthy situations which lead to heat stress in children and teachers.