



School Safety Outreach

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Authorization Number: 215/G.37/ C84/ VOL I/A3/SAAJP

AGENDA CLIMATE-HEALTH REDEMPTION IN LEARNING ENVIRONMENTS

Courtesy of School Safety Outreach, Cameroon

The world is currently at the blink of increasing heat waves due to the emission of greenhouse gases. School Safe Outreach supports calls by the Meteorological Agency for smart adaptation strategies and participation in climate-resilient practices to stay healthier and fit for daily school tasks.

Common heat waves effects could particularly cause dehydration in teachers/children of school going age globally since they stay longer under teaching-learning rules. It could also affect proper brain response to teaching and learning. In more acute moments, increase heat waves could trigger unconsciousness or death, chickenpox, skin rash and psychological stress.

To survive this current and much ravaging adverse climatic conditions, SSO recommends a rigorous implementation of this **Climate-Health Emergency Preparedness Plan** by teachers and students across Cameroon and beyond.

1. Teachers and learners should drink more water between 11:00am to 3:00pm daily to stay hydrated.
2. Retain individual water bottles with them any time they are leaving for school.
3. All learners **MUST** avoid the "high syndrome" through drug or alcohol consumption. These increases body temperature and take longer to flush out. Teachers who cannot avoid alcohol consumption could consider taking it in average quantity and only when school is over daily or between 3:00pm and night.
4. Reduce the consumption of protein-rich foods (e.g. red meats) as they increase metabolic heat.
5. Eat more water providing fruits and vegetables. This helps to maintain body hydration.



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6. Teachers and learners should visit the infirmary in their respective institutions in order to monitor blood pressure and be sure that it is within the normal range.
7. Teachers and learners should stay more in the classroom, staffroom, offices or other campus sheds like tree rings especially between 11:30am and 3:00pm each day.
8. Females staff and learners alike undergoing menstruation **MUST** change their hygiene pads (wether wet or not) between 11:30am and 1:30pm daily.
9. School authorities should promote long sleeve attire for learners. This helps to manage body excretion within.
10. No sports activities should hold between 11:00am and 3:00pm daily.
11. First aid units in all learning institutions **MUST** be in possession of basic/rapid temperature cooler medications.
12. The sale of fried food stuff in schools should be limited. They propel need for much water. This could be dangerous where water scarcity is reigning. Additionally, good vendors in schools should avoid putting pepper in food for learners in particular.
13. A two to five minutes cooling break should be given to learners before and after the normal break period. But this should be done only after reasonable hours of teaching/learning before and after the normal break.
14. Parents and guardians should monitor and moderate the content of learners daily carriages (bags). Only the essential daily subjects should be in them. This reduces weight carriage and body temperature (this applies more to learners who trek to and fro school).
15. Teachers should give room for a minute humour during lesson delivery. This helps to shake off body tension and normalizes the teaching/learning heat.
16. Learners should dress in simple nature but in accordance with school rules. It should be the duty of all teachers to check out for thick pullovers under the hot sun rays. This should not affect learners in frail health conditions.
17. All teachers and learners should adopt proper bathing principles. One cold bath before and after school could go a long way.
18. Share whatever you receive from School Safety Outreach