



# ARIZONA DEPARTMENT OF HEALTH SERVICES

## PREPAREDNESS

### **Heat Illness Prevention School Project (HIPSP) Curriculum Toolkit**

Arizona is one of the hottest places on Earth from May to September, where heat-related illnesses are common. Year after year, nearly 2,000 Arizonans visit the emergency room because of heat-related illnesses. Heat-related illnesses (HRI's) can be fatal. In response to the increasing rate of heat-related deaths among high school athletes, the Arizona Department of Health Services created the Heat Illness Prevention School Project (HIPSP). HIPSP was created to inform students and educators on recognition, prevention, and treatment strategies of HRI's.

According to the 2010 CDC Mortality and Morbidity report, heat illness during practice or competition is a leading cause of death and disability among U.S. high school athletes. Although most incidences of HRI in the media involve high school football players, athletes of various sports activities and ages can become susceptible to HRI. Children are more at risk than adults for heat-illness due to their smaller body mass and the higher likelihood of dehydration. According to the Environmental Protection Agency, children also spend more time outside and lack judgment to limit exertion and remain hydrated.

This toolkit contains materials for both students and educators on the basics of heat safety. We invite you to share these materials with teachers, coaches, parents, and students in order to increase awareness of heat-related illnesses and prevent them from happening.

Please contact ADHS for more information or for additional copies of the materials:  
[ExtremeWeather@azdhs.gov](mailto:ExtremeWeather@azdhs.gov) or call (602) 364-3118.

Please visit our website for more information on heat illness. Most of the contents listed below can also be found on our website: <http://www.azhealth.gov/heat>.

#### Contents:

- Indoor Activity and Play Booklet for Kids & Teens
- It's Hot Outside Brochure
- It's Hot Outside Poster
- Heat Related Illness Word Search Puzzle and Answer Key
- Heat Related Illness Crossword Puzzle and Answer Key
- School Tip Sheet
- Parent/Caregiver Information Sheet
- Heat Related Illness Prevention Training Guide for School Staff
- Heat Index Chart
- HeatWise Videos

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