

Hot Weather Working

Guide to staying healthy whilst working in the sun





KEEP COVERED UP

WEAR YOUR PPE which also includes all or some of the following:

- safety sunglasses / safety helmet / neck Hi Vis cape.



TAKE BREAKS IN THE SHADE

Keep your top on but remove some PPE in order to cool down.

CHECK YOUR SKIN REGULARLY

Check your skin for unusual moles or spots.

- shape
- size
- colour
- itching and / or
- bleeding

If you notice any changes in your skin, book an appointment with your local GP.

SUN EXPOSURE – THE PROBLEM

- Too much sunlight is harmful to your skin. It can cause skin damage [e.g. sunburn, blistering and skin ageing, and an increased risk of skin cancer].
- Skin cancer is one of the most common forms of cancer in the UK with over 50,000 new cases every year.
- Don't be fooled by clouds - on a cloudy day, 30-50% of the sun's rays reach the skin
- The damage is caused by ultraviolet (UV) rays in sunlight, check the UV index daily.

UV INDEX

LOW RISK		MEDIUM RISK			HIGH RISK		VERY HIGH RISK		EXTREME RISK	
1	2	3	4	5	6	7	8	9	10	11+



STAY HYDRATED

Early warning signs of dehydration can include:

- Feeling thirsty and light headed
- Dry mouth
- Tiredness
- Dark coloured urine & strong smelling urine
- Passing urine less often than usual



PASSING CLEAR URINE IS A GOOD SIGN THAT YOU ARE DRINKING ENOUGH. AIM TO DRINK A MINIMUM OF 6 TO 8 GLASSES OF FLUID A DAY

If you feel unwell (e.g. light headed, dizzy, sick) stop what you are doing, tell your supervisor and rest in a cool place and drink plenty of fluids

APPLYING SUNSCREEN

- Use a minimum SPF30 sunscreen.
- Sunscreen preparations may rarely cause allergic reactions, if you are allergic to sun cream cover up or use an alternative
- Sunscreen should be applied to all exposed skin and reapplied liberally & frequently according to the manufacturer's instructions,
- Re-apply sun cream if sweating [even if it states water resistant] or when it may have rubbed off.



If you are working in the sun for the whole of your shift, make sure you apply sunscreen more than once

YOU SHOULD TAKE PARTICULAR CARE IF YOU HAVE:

! fair or freckled skin that doesn't tan, or goes red or burns before it tans

! red or fair hair and light coloured eyes

! a large number of moles

WEAR UV BLOCKING SUNGLASSES

It is recommended that you wear UV Blocking Sunglasses

- Avoid staring directly into the sunlight
- UV Light raises the risk of eye disease
(Cataracts growths on the eyes and Cancer)



Drivers

- If you are mobile plant operator and or travel to and from site by car (REMEMBER - UV RAYS CAN PENETRATE GLASS)
- If YOU HAVE A LONG DRIVE HOME at the end of your shift, stop and take a break as an increase in temperature can make you feel drowsy and less responsive

