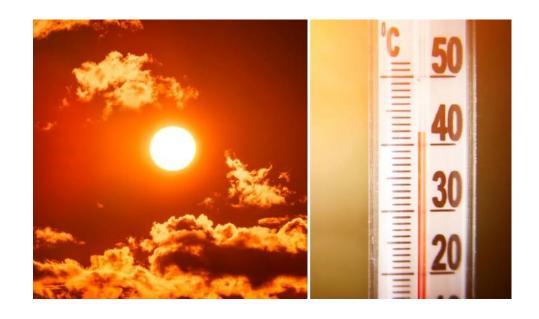


# Hot Weather Working

# 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

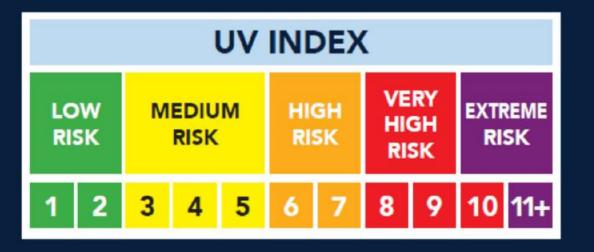
Check your skin for unusual moles or spots.

- 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.





#### 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

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

