

Summer Safety Tips

Beware of the heat!

It's easy to get dehydrated in hot weather so **Remember to stay hydrated**

During extreme heat, a person's body temperature can rise faster than the body can cool it down, leading to damage to the brain and other vital organs.



Know the risks and signs of heat exhaustion or heatstroke.

Safety during hot weather at work

If you feel faint or weak, **STOP** all activity, get to a cool place and rest.

Before starting work, assess the risks (overheating, dehydration, stroke, fainting)

Plan to do strenuous work in the morning, and limit them during the hours of the day when temperatures are highest.

Safe Holidays



Avoid excessive exposure to the sun



Use hats/ caps/ umbrella to prevent sunstroke.



Protect eyes.



Increase fluid intake.



Use insect repellent.



Use creams with uva and uvb protection.

