

## Working in the Sun and Heat: Employee Factsheet

### Sun safety code

- Take care not to burn; this can be in as little as 10 minutes
- cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas
- wear a wide brimmed hat or a safety helmet with a hanging flap which protects the back of the neck
- wash frequently to remove sweat
- seek shade during the hottest part of the day and take breaks in the shade
- drink plenty of water; in high heat drink 1 cup of water every 15 minutes
- apply high factor sunscreen generously and frequently to any parts of the body exposed to the sun; SPF 15 or above using a type which protects against UVA and UVB
- regularly check skin, look for any changed or newly formed moles or any skin discolouration, especially around the nose and eyes, or on the backs of hands. Consult a doctor if any moles grow, change or start to bleed.

### Did you know?

- Fact 1: UV (ultraviolet) radiation from the sun is a major cause of skin cancer.
- Fact 2: In the UK over 100,000 people are diagnosed with skin cancer each year and over 2,700 people die from skin cancer.
- Fact 3: Employees working outside should consider exposure to UV radiation as an occupational health hazard.
- Fact 4: Driving in hot weather can be draining; it is easy to lose concentration, especially if you are driving for long periods.

### Who has increased risks of skin damage and skin cancer?

- People with pale skin, fair hair, freckles or a large number of moles
- those with a family history of skin cancer or who have excessive exposure to sunlight or UV light from bright conditions, such as outdoor workers.

### What is heat stress?

Heat stress when the body is unable to cool itself by sweating. It can lead to heat exhaustion or heat stroke. Symptoms include:

- headache
- dizziness
- light-headedness
- fainting
- weakness
- moist skin
- mood changes, irritability, confusion
- nausea, vomiting.

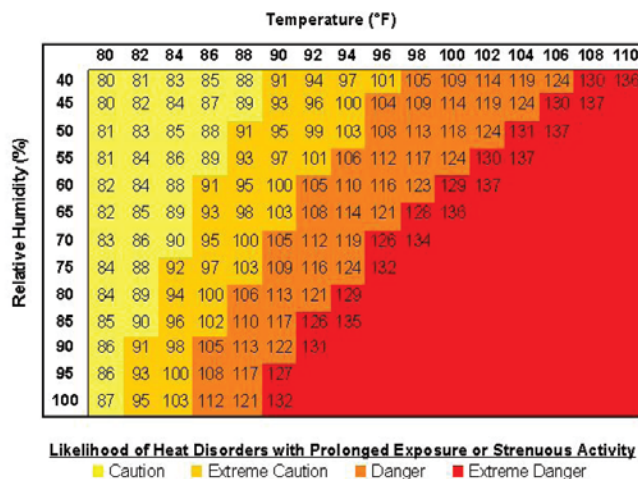
# HETTLE ANDREWS

## When driving in hot weather:

- check the roadworthiness of the vehicle
- use air conditioning; an outside temperature of 28°C can quickly bring a car's interior to well over 60°C
- park in shaded areas, use a sun shield over the windscreen and cover the metal parts of seat restraints to keep them from becoming too hot
- keep a container of water
- take regular breaks, as concentration levels are likely to drop
- carry moist wipes
- have a mobile phone for emergency calls.

## How to treat heat-related illness

- Seek immediate medical attention
- move to a cool shaded area
- loosen or remove heavy clothing
- drink water
- fan and mist with water.



### Do you know...?

- where to obtain information and guidance?
- how to seek help and support?

Speak to your health and safety representative of manager.

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