

## Heat Wave – Staying Safe & Healthy

### Summer is well and truly here!

Most of us welcome hot weather, but when it's too hot for too long there may be health risks.

**A level 2 heatwave alert has been issued by the Met Office** and Public Health England and there is an 80% probability of heatwave conditions over the coming days.

Heatwaves can be **dangerous**, but the most vulnerable people are, young children, over 75s, those with chronic conditions, on certain medications or with a serious mental health condition. In addition, people who are physically active such as labourers or those doing sports.

The **main risks** posed by a heatwave are:

- Dehydration (not having enough water)
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- Damage to skin by UV rays
- Heat exhaustion and heatstroke

It is important that we all take care and stay safe whilst enjoying the sun however if someone is feeling unwell (breathlessness, confusion, dizziness), give them plenty of fluids, a cool place to rest and seek medical assistance.

### Useful Tips

- Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar. Drink enough during the day so that your urine is a pale clear colour.
- Take regular breaks if working outdoors and wear sun protector SPF 30 or more and reapply if sweating.
- Avoid the heat during the hottest part of the day: stay out of the sun and don't go out between 11am and 3pm - especially, if you're vulnerable to the effects of heat
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need
- Keep rooms and vehicles cool by using shades or air conditioning. Remember not to spend long periods in a hot room or vehicle and to find shade. Take regular breaks when you can and seek shade.
- Identify the coolest room in the house or office so you know where to go to keep cool
- Keep covered up; PPE is mandatory when on construction sites which can include safety sunglasses.
- **Please note, colleagues who do not wear uniform are still expected to wear smart appropriate workwear in the office**