

Safety Alert

Extreme heat warning

20 July 2021

Background information

The Met Office has issued an amber extreme warning for the next few days; up until Friday 23 July 2021.

This safety alert is to make you are aware of the dangers of extreme heat and the precautions you can take to reduce the effects of this and to ensure your Health, Safety and Wellbeing is maintained.

For further information on the forecast, please visit the Met Office web page via this link: <https://www.metoffice.gov.uk/>

What to Expect

- Adverse health risks are likely to be experienced by those vulnerable to extreme heat
- Heat exhaustion (dehydration, nausea, headaches, dizziness, palpitations and fatigue) and other heat related illnesses. **Note:** if you are affected by any of the above symptoms stop work, find somewhere cool to sit down and rest and drink plenty of fluid. If this does not help, ask for medical assistance
- Sunburn (damage to skin by UV radiation)
- Increased pollen counts (allergies)
- More people will travel to coastal areas, lakes and rivers which could lead to increased water safety incidents
- Changes in working practices may be required e.g. working hours



Useful Tips

- Take regular breaks
- Keep well hydrated; drink at least 6-8 glasses of water a day and ensure there is access to drinking water or cold drinks
- If working outdoors, use controls to minimise the effects of UV radiation by either covering up or regularly applying the correct type and level of sunscreen (UVA/UVB) every two hours
- Ensure vehicles are well maintained and 'summer' ready (<https://www.think.gov.uk/campaign/vehicle-safety-checks/>).