

Sun & Water Safety

Key Facts - Sun Safety

Summer sun is finally upon us and while it provides a period of psychological uplift, the sun is not without its hazards. Outdoor workers are at an increased risk of dehydration, fatigue and sun burn. People are also at increased risk of skin cancer caused by exposure to the sun.

If you work or socialise outdoors for a long time your skin could be exposed to more sun than is healthy for you. Outdoor workers could be at risk including construction, farm workers, gardeners and public sector workers.

Hints and Tips

- Keep your top on.
- Wear long sleeves in a breathable material to protect your arms.
- Wear dark glasses if working with reflective material.
- Wear a hat with a brim or a flap that covers the ears and the back of the neck.
- Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size or colour, itching or bleeding.

Do...

- Drink plenty of water at regular intervals
- Use sunscreen of at least SPF15
- Stay in the shade where possible
- Communicate to other family members about water safety.

Key Facts - Water Safety

Summer is one of the most popular times for people to visit canals, rivers and the sea. With people remaining local, this holiday season due to the covid pandemic it is expected that people will continue to visit more of our countries outdoor spaces, such as lakes, quarries and reservoirs.

However, around 400 people drown in the UK every year and more than half of the fatalities happen at waters such as canals, rivers, lakes and reservoirs.

Hints and Tips

- Water will be very cold, even in the summer. This can lead to cold water shock and result in drowning.
- If you want to jump and dive, head to your local swimming pool where there are lifeguards on duty to help keep people safe. Canals, rivers, streams, sea can be shallow or have rocky areas where you could injure yourself.
- Keep your cool and chill out by the water and enjoy the feeling of peacefulness it brings you.

Don't...

- Enter water which has 'no swimming' signs.
- Enter water which may be contaminated or have hidden objects below the surface.
- Jump into water with unknown depth.
- Enter water that may have strong undercurrents.