



Staying Safe and Healthy in Summer

Guidance

Occupational Health and Wellbeing



6 Summer Hazards

1. Skin Safety in the Sun
2. Dehydration
3. Heat Related Illness
4. Stings and bites
5. Hazardous Plants
6. Staying safe in summer during Covid-19

1. Skin Safety in the Sun



Protect yourself

- Protect yourself from UV exposure by covering up. – wear a hat, long sleeves and use a high factor sun cream
- Skin needs time to absorb sun cream so apply generously about 20 to 30 minutes before going out.
- It's important to reapply sun cream frequently (at least every two hours), as it can come off when sweating, washing or through rubbing.

Know the Risks

- Skin cancer is the most common form of cancer in the UK and one of the causative factors is known to be sunburn
- At least 100,000 new cases are now diagnosed each year
- The disease kills more than 2,500 people each year in the UK that's seven people every day.

Useful Links

A-Z NHS Choices web site:
www.nhs.uk/conditions/sunburn/

British Skin Foundation:
www.britishskinfoundation.org.uk/Home.aspx

Skin Cancer info
www.skincancer.org/prevention/sun-protection

There are three types of Skin Cancer -

if you notice any changes to moles and skin report them to your doctor



Melanoma



Squamous Cell
Carcinoma

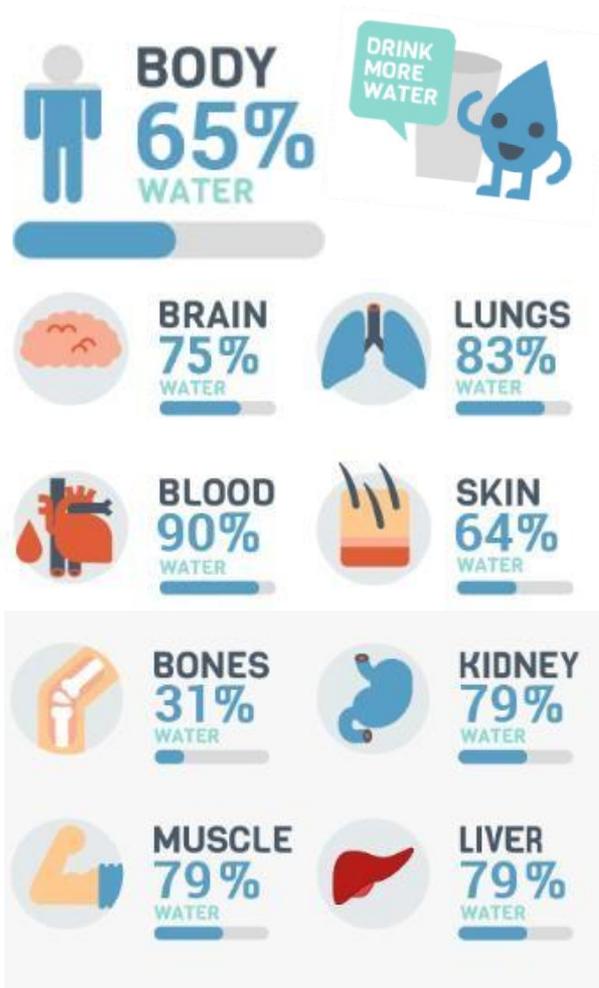


Basal Cell
Carcinoma

Stay safe during
Covid-19. Don't
share sun cream

2. Dehydration

Water and your Body



Facts and tips

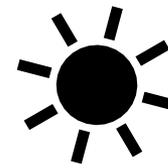
- Dehydration occurs when the body loses more fluid than it takes in.
- Symptoms of Dehydration include:
 - Dizziness
 - Tiredness
 - Headaches
 - Dry mouth, lips and eyes
- Dehydration can lead to heat exhaustion and even heat stroke.
- Drink moderately - typically no more than 250ml every 15 minutes.
- Drink more water when it is hot.
- Avoid caffeine, fizzy drinks and alcohol.
- Limit your salty foods.
- Drink water, fruit juice or semi skimmed milk.

Hydration Indicators

The colour of your urine is a quick and easy indicator of your level of hydration



3. Heat Related Illness



Heat Exhaustion

The symptoms of heat exhaustion include:

- headaches
- dizziness
- moist skin
- mood changes such as irritability or confusion
- upset stomach and vomiting.

Prevent Heat Exhaustion by:-

- Drinking plenty of fluids especially water
- Taking regular breaks in the shade
- Scheduling strenuous outdoor activities during early morning or late afternoon when it is not so hot

Heat Stroke

If untreated, heat exhaustion can cause **heat stroke**.

If heat stroke is suspected then serious cooling with ice or cold water must begin at once.

Symptoms of heat stroke include;

- Loss of consciousness
- Dry and hot skin with no sweating
- Mental confusion
- Seizures and convulsions

Chronic Health Conditions

Extreme heat can be very dangerous for those with chronic health conditions

They may be less likely to sense and respond to changes in temperature

They may be taking medications that can make the effect of extreme heat worse

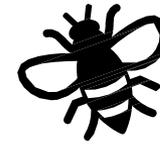
Conditions affected can include:-

- Heart Disease (Angina)
- Respiratory Disease (Asthma)
- Diabetes / Kidney Disease
- Mental health

If you are concerned about a colleague or family members health seek medical support.

Heat stroke is an immediate threat to life. Call 999 and the site hotline immediately.

4. Stings and bites



Protecting yourself

When working outdoors or in the countryside you can protect yourself by: -

- Covering exposed skin by wearing long sleeves and trousers.
- Wearing shoes or boots when outdoors.
- Applying insect repellent to exposed skin [avoiding eyes / mouth / open cuts]
- Avoiding the use of products with strong perfumes— these can attract insects.
- Being careful around long grass, flowering plants, rubbish, compost, stagnant water, and in outdoor areas where food is served.
- Remaining calm and moving away slowly if you encounter wasps, hornets or bees – don't wave your arms around or swat at them.
- If you see a snake do not touch it. There are 3 native British snakes but the Adder is only venomous one and will bite if provoked or trodden on. They can be black [male] or brown [female / juvenile] and have zigzag markings on their back



Treatment

If you are bitten by a snake: -

- Keep calm, keep the affected limb still and do not panic. Remove jewellery from the affected area, loosen clothing and seek medical help immediately

You can find more information here
www.nhs.uk/conditions/snake-bites

If you are stung by an insect:-

- If the sting is still in the skin use a credit card or nail to scratch the sting off and do not squeeze.
- Wash the affected area with soap and water and apply a cold compress to any swelling for at least 10 minutes.
- Raise or elevate the affected area if possible, and avoid scratching the area, to reduce the risk of infection.
- Avoid traditional home remedies, such as vinegar and bicarbonate of soda
- The pain, swelling and itchiness can sometimes last a few days. Ask your pharmacist about over-the-counter treatments that can help

Ticks

Ticks are small, blood-sucking mites that live on blood from larger animals including humans and dogs.

Risk zones

- Woods
- Long grass
- Moors & Heaths

Tick removal

- ✓ Do it as soon as possible using a tick removal tool
- ✓ Do not squash the tick or apply creams
- ✓ Dispose of the tick down the sink

Lyme Disease

- Lyme's disease is an infectious disease caused by bacteria and spread by ticks.
- Symptoms appear 2-30 days after a bite

More information can be found here

www.nhs.uk/conditions/lyme-disease

If you suffer from allergic reactions to stings and bites then its important you carry your auto injector (e.g. Epi Pen) with you at all times and tell your line manager



5. Hazardous Plants

Giant hogweed can grow up to five meters tall, often along footpaths and riverbanks

Injuries – contact with sap produces severe, painful burns and make your skin sensitive to strong sunlight.

What to do: If you touch/have sap from a giant hogweed on your skin, cover the affected area, and wash it with soap and water. The blisters heal very slowly and can develop into phytophotodermatitis, a type of skin rash which flares up in sunlight. If you feel unwell after contact with giant hogweed, speak to your doctor.

6. Staying safe in summer during Covid-19

- Know the Covid-19 symptoms:
 - **A new continuous cough**
 - **A high temperature**
 - **Loss of sense of taste or smell**
- If you have either or both of these symptoms, stay at home and do not come to work. Visit NHS 111 online to see what you should do. Don't call 111 unless you can't get help online.
- We need to wash our hands much more often. Especially when we've been in contact with frequently touched surfaces. Wash for at least 20 seconds with soap and water. If you can't, use sanitiser gel.
- It's more important than ever to stick to safety rules. So for now, stay at least 2m (6 feet) apart. Help stop the spread. Help everyone keep safe.

