

What?

- **Outdoor workers exposed to high temperatures and the sun for long periods of time are at risk of sunburn, heat exhaustion and heatstroke.**
- **At least 1,500 new cases of non-melanoma skin cancer and 240 new cases of malignant melanoma associated with sun exposure at work are diagnosed in Britain each year.**



Why?

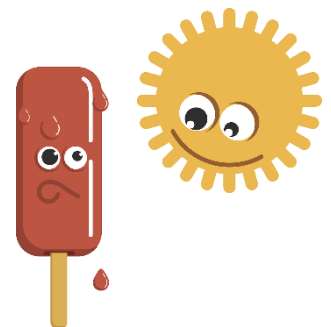
- Heat exhaustion is not usually serious if you can cool down within 30 minutes. Symptoms include: a headache, dizziness and confusion, loss of appetite and feeling sick, excessive sweating and pale, clammy skin, cramps in the arms, legs and stomach, fast breathing or pulse. People should lie down in a cool place with their legs raised and given a drink.
- If it develops into heatstroke, it needs to be treated as an emergency as it could be life threatening. Symptoms include hot, flushed and dry skin, restlessness and confusion, a headache, dizziness or discomfort, a bounding pulse and high temperature (above 40°) and a decreased level of response.
- It is easy to forget the need to protect yourself from heat and sunburn, especially if it is an overcast day, but with a few simple considerations you can prevent yourself and others from becoming unwell.

Do ✓

- ✓ Plan your day - carry out more strenuous work during the coolest parts of the day
- ✓ Walk and work in the shade as much as possible
- ✓ Stay hydrated - drink plenty of water
- ✓ Wear loose and lightweight clothing
- ✓ Always apply sun cream to all areas of your skin and reapply regularly throughout the day; look for a sun protection factor of at least SPF30
- ✓ Wear a hat to protect your head
- ✓ Report any medications that can affect you working in hot environments

Don't ✗

- ✗ Don't work in the sun for too long without taking a break
- ✗ Don't carry on working if you feel unwell or have symptoms of heat exhaustion



Document Name	<i>TBT Outdoors in Hot Weather</i>	Document No.	<i>OC/HS/TBT 72</i>
Document Owner	<i>David Shaftoe</i>	Date of Issue	<i>07.06.20</i>
Related TBTS	<i>Fatigue</i>	Version No.	<i>1</i>