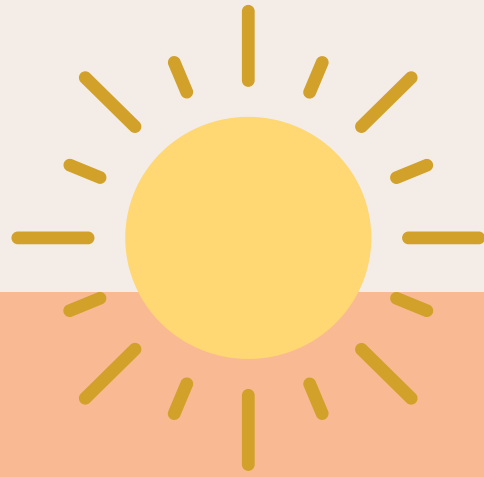




Better Health
at Work Award

SUN SAFETY TIPS



- Look out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying health conditions and those who live alone are particularly at risk.
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors.
- If going outdoors, use cool spaces considerately, keep your distance in line with social distancing guidelines.
- Drink plenty of fluids and avoid excess alcohol.
- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals.
- Try to keep out of the sun during the hottest part of the day (between 11am to 3pm).
- Walk in the shade, apply sunscreen regularly and wear a wide brimmed hat, if you have to go out in the sun. See sunscreen recommendations: [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Avoid exercising in the hottest parts of the day.
- Make sure you stay hydrated. Take water with you, if you are travelling
- If you are going into open water to cool down, take care and follow local safety advice.