

Stay safe in the sun

Make sure you don't get caught out this summer. If you're heading out in the sun take sensible precautions.



Emergency Planning

Get ready for the unexpected

Stay protected



- Wear sunglasses
- Cover up exposed skin
- Wear a sun hat
- Wear SPF 30 or higher sun cream with a minimum 4 star UVA protection rating
- Take regular breaks from direct sunlight and heat

Stay sensible



- Stay hydrated by drinking plenty of water and avoid excess alcohol and caffeine
- Make sure flames and BBQs are not lit or discarded near dry, flammable material or foliage
- Make sure food is cooked properly, particularly food cooked on a BBQ
- Avoiding swimming in lakes, rivers and reservoirs
- Never leave children or pets alone in vehicles

Stay aware



- Take note of the latest weather forecast before heading out (the sun is usually at its strongest between 11am and 3pm)
- Check on the wellbeing of vulnerable family members and neighbours
- Know when to re-apply sun cream
- Know how to treat sunburn
- Know how to spot the signs of heat exhaustion and dehydration

For more information on the sensible precautions listed above visit:

NHS Sun Safety www.nhs.uk

Met Office Weather www.metoffice.gov.uk