



Hot weather guidance - general tips for outdoor workers

There are a number of things you can do to help yourself...

- Be prepared for the weather and, if you can, dress accordingly. Try to wear layers of clothing so you can add or remove them depending on how hot or cold you are. Make sure you don't compromise health and safety for footwear or protective clothing
- Drink plenty of water - try to avoid caffeinated or carbonated drinks if possible. Don't wait until you're thirsty!
- Take regular breaks to cool down.
- Try to take your breaks in the shade.
- Switch off any non-essential equipment that could add extra heat.
- Tell your manager about any health conditions you have or medication you're taking that could make you more at risk from hot conditions. Talk to your GP or Occupational Health if you need advice.
- If you can, plan and organise your day to avoid exposure to the heat. Try to:
 - do intensive tasks early or later in the day when it's cooler
 - make sure you stay hydrated - carry water with you if you're out
 - adjust your start and finish times to avoid getting overheated during journeys to and from work.
- Be 'Sun Smart'...
 - Don't let sunburn catch you out - don't sit outside and get overheated or burnt at lunchtime!
 - Cover up with a t-shirt, hat and sunglasses.
 - Use at least factor 30 sunscreen - put lots on and reapply regularly.
 - Know your skin type. Remember to report unusual moles and skin changes to your doctor as soon as you can.
 - Ask your manager for a copy of the Health and Safety Executive's '[Keep your top on: Health risks from working in the sun](#)' leaflet.
- Be aware of situations where overheating could potentially increase work-related risks. This might include dehydration and heat stress increasing the risks from equipment or transport.
- Make sure you know the signs and symptoms of heat stress and what to do if you're worried about yourself or your colleagues. Check out our **Heat Stress** leaflet for more information. You can get a copy from your manager or by calling the Health and Safety Team on **640748**.