

Today's Topic/Issue

Whilst hot weather gives many of us increased opportunities to enjoy the outdoors, it is important for everyone to enjoy the sun safely by staying cool, drinking lots of cold fluids and checking on those you know are at risk.

QUICK QUIZ

What risks can be increased during the summer months?



Summer sense whilst driving:



Just because the sun is shining doesn't mean there aren't still risks. Before you start any journey consider the following:

- Make sure the screen wash contains sufficient water and additive
- Check that all the lights are in full working order and clean
- Ensure screen and windows are all clear INSIDE and OUT
- Drink plenty of fluids on a long journey
- Reduce your driving speed if the sun is directly in front of you, reducing your vision
- Wear sunglasses to reduce glare
- Be aware of increased agricultural traffic
- On open roads, ensure you have plenty of fresh air by opening a window
- Be aware that excess heat can cause drowsiness so keep your vehicle well ventilated.

Sunburn and other UV Damage:

The UV content of sunlight can have damaging effects on the skin.

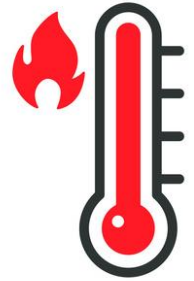
Damage to the body can include:

- Reddening of the skin
- Blistering of the skin
- Tissue damage
- Pain
- Dehydration
- Skin discomfort



Beware of heat stroke:

In extreme cases, the person may develop heat stroke which in certain instances may be fatal.



Prevention:

- Avoid direct sunlight – take breaks in the shade
- Clothing – cover up during the hottest part of the day
- Wear a hat
- Sunglasses should protect to a minimum of UV 400
- Sun creams (SPF 15 or above) should be applied regularly
- Personal surveillance – watch out for signs of sunburn and implement prevention
- measure if necessary
- Where possible limit exposure
- Drink water regularly to maintain your hydration levels

QUICK QUIZ

How can you assess your risk of sunburn or other UV Damage?

The UV content of sunlight can have damaging effects on the skin. UV levels are often provided by weather forecasts as high UV levels equals high risk of sunburn on unprotected skin. However, it is advised that sun cream or sun protection should be worn at all times if you are spending a lot of time outdoors regardless of the weather or time of year.

Risks from the sun include sunburn which damages the skin cells, skin cancers, aging of the skin. Painful sunburn more than once every two years triples the risk of skin cancer. You should be aware of your own skin vulnerability. People with more melatonin (the substance which causes our skin to “tan”) have a lower risk of burning whereas lots of freckles can indicate a high susceptibility.



Toolbox Talk – SUPERVISORS NOTES

Summer Safety

2026/27

Supervisors need to recognise how warmer weather and summer conditions can change the risks people are exposed to, and make sensible adjustments before someone is affected.

QUICK QUIZ

What risks can be increased in the Summer Months?

Eyes in the sun



Too much sun can damage the eyes. As with skin damage, it is the ultraviolet (UV) radiation from the sun which causes problems. Damage to the eyes from UV radiation is cumulative, meaning it builds up over our lifetime and can have a permanent effect on our eyes and eyesight.

Wear sunglasses or stay in shaded areas to protect your eyes

Skin Damage through sunburn



The skin is normally good at repairing any minor damage. However, over the years some areas of skin are unable to cope with the repeated exposure to sun. Protect your skin by applying and reapplying a suntan lotion of at least factor 15, if not more.





Food Poisoning

When at BBQ's, picnics or any other meal which is prepared outdoors, take the time to ensure that any food is properly cooked and it suitable for human consumption.



Dehydration

Dehydration occurs when the body uses more fluids than it takes in. During hot weather dehydration is more prevalent and so it is important to drink water frequently throughout the day. Don't wait until you feel thirsty as this the first sign of dehydration.

Heat Exhaustion or Heat Stroke

Overheating can cause heat exhaustion or heat stroke. The signs of heat exhaustion include:



- 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
- temperature of 38C or above
- intense thirst



Toolbox Talk - Attendance Sheet

Site/Department Name:

Trainer Name:

Signature:

Toolbox Talk Topic:

Date:

Name	Signature

Any further feedback or questions from attendees regarding this toolbox talk topic?