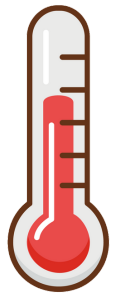


STAY SAFE IN SUMMER SUN



EXTREME HEAT



CAUSES MORE DEATHS

each year than hurricanes, lightning, tornadoes, earthquakes, and floods COMBINED!

Adults over 65, children under 4, and people with existing medical conditions are more likely to be at risk, but we should all take steps to protect ourselves:

STAY COOL!

- Open windows, and use air conditioning and fans, where available
- Avoid direct sunlight, when possible, and seek shaded shelter
- Wear lightweight clothing. PPE may not be as comfortable, but remember it is protecting you from hazards and must be worn. If there are significant issues, speak with your Health and Safety Department to see if suitable alternatives can be sought

STAY HYDRATED!

- Drink more fluids and water than usual, don't wait until you are thirsty
- Avoid alcohol and liquids containing high amounts of sugar

STAY SAFE!

- Remember to wear sunscreen, and reapply it often! In strong sun a minimum of factor 30spf is recommended

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