



Warm Weather



**Warm
Weather**



**Grill
Safety**



**Garden
Safety**



**Water
Safety**



**Insect bites
and stings**

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Warm Weather



Staying safe in warm weather



Take frequent rest breaks in the shade



Wear a hat



Make sure you put sunscreen on



Wear clothes that cover your arms and legs



Drink plenty of water throughout the day



Avoid alcoholic drinks



Avoid sugary drinks



Avoid drinks with caffeine



Click the NHS logo for more information



Warm Weather



Staying safe in the sun

There are some important things to remember when it comes to suntan lotion. This will help keep you safe from the sun and conditions such as skin cancer.



The sun is at its strongest between 10 and 4

Suntan lotion with an SPF number 30 or higher is safest

Suntan lotion with a UVA protection 4 star level or higher is safest



Use water resistant suntan lotion when swimming

Reapply suntan lotion after swimming

Reapply suntan lotion every 2 hours



Look for the open jar symbol on your bottle. This tells you how many months it will last once opened.



Replace last years suntan lotion as it will most likely have been stored at higher temperatures for example on days out. This means it will not work as well as it should.

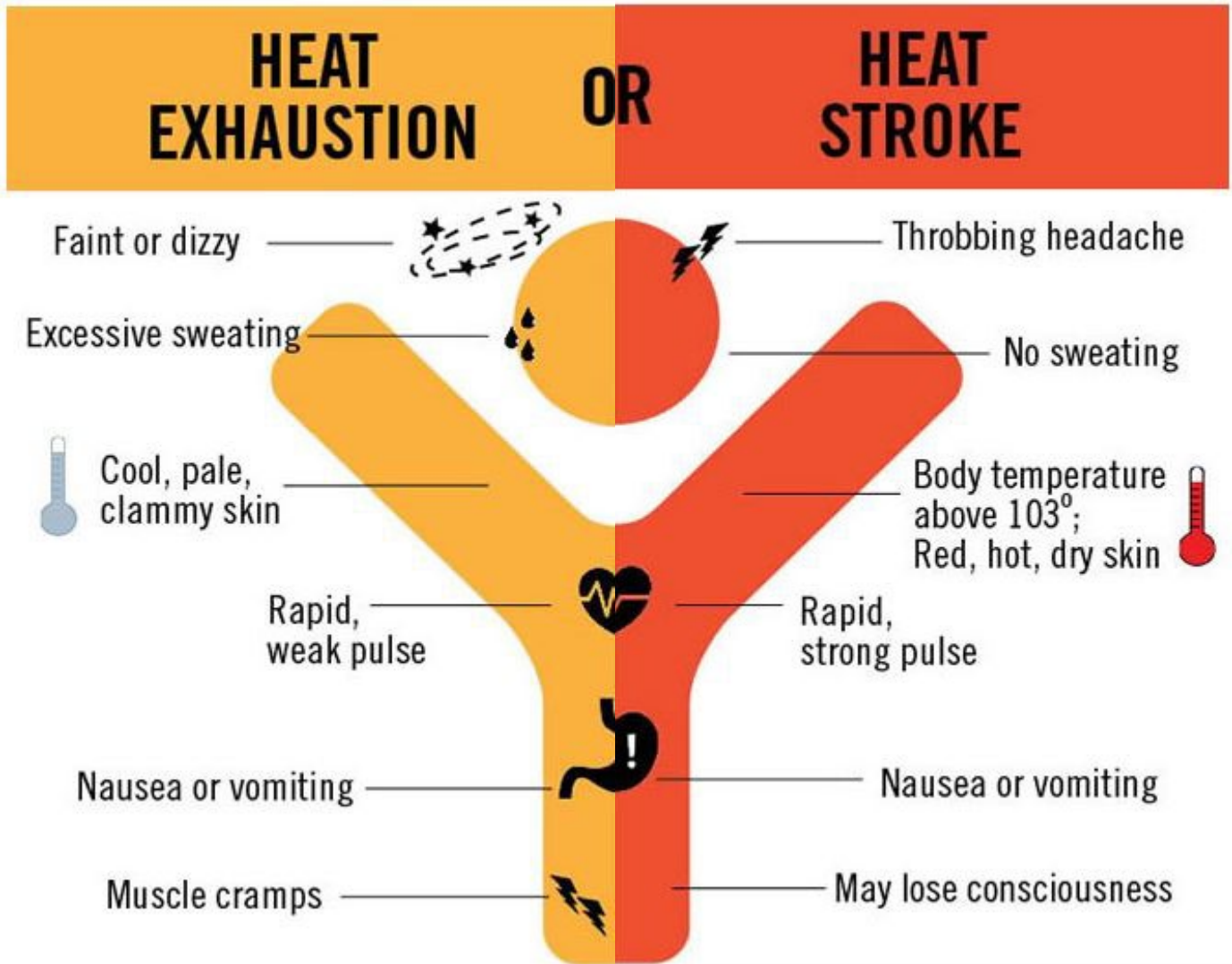


Warm Weather



Understanding heat exhaustion and heat stroke

How you feel when you have heat exhaustion is different to when you have heat stroke. Both are serious conditions you can get when it is hot outside. It is good to know the signs for both so you know when to get help.



- * Remove from direct sunshine
- * Submerge in cool water or,
- * Apply cold compress to head
- * Cold shower
- * Lay down & raise feet
- * Give fluids

Seek Out Emergency Help

CALL 999

Continue cooling patient until help arrives



Warm Weather



Get Ready to Grill safely



Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F to 300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal, fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).





Warm Weather



Looking after your garden safely

Are Garden Water Butts & garden hoses Contaminated with Legionella Bacteria?

Recent investigations suggest 95% of UK garden water butts may be contaminated with Legionella bacteria, the bug responsible for the potentially deadly Legionnaires' disease. Most natural water sources contain the legionella bacteria; however, the bacterium will multiply in warm water conditions, above 20°C. The long hot summer we are experiencing means many water butts will provide the perfect conditions for legionella to grow.



Those who do have water stored up and ready to use should consider using it in conjunction with a watering can to minimise the risks from creating spray.



How to minimise legionella risks from garden hoses:

- A valve should be fitted that ensures no water from the hose can flow back into the mains water supply. If that water is contaminated, this could potentially introduce legionella into the home
- Hose pipes should be stored out of the sun, drained and left empty when not in use
- When you do want to use it, water should be turned on slowly so as not to create a spray and left to flush through the hosepipe for a few minutes prior to use
- It is also advisable to use a spray gun nozzle rather than any other form of attachment to minimise the danger of legionella

Those of you who have hay fever, keep windows closed for the first part of the morning and also late afternoon to help reduce their symptoms.



Water Safety



Sometimes it can be tempting to go for a swim outside, especially during the summer months.

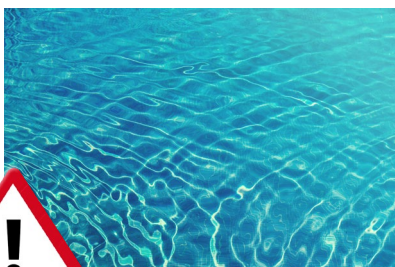


This can be dangerous if not done safely.
Things like:

Water can be a lot colder than it looks and this can be dangerous. Things like



- causing cramps and water shock that can make it hard to swim.
- mean you are not able to swim for as long as you are used to
- make you tired very quickly



Water can look calm and safe when it is not. Things like

- Strong currents can pull out to sea
- Water can stop you from seeing things that could trap or hurt you.



Water Safety



It is also important to remember not to go in the water if you've been drinking alcohol.



There is safety advice that applies to all water sports activities. Things like



- Plan your activity
- Always ensure that someone knows of your plans, particularly the time that you expect to return



- Check the weather forecast and change plans if needed
- Take a phone with you and a waterproof pocket to store it in.



Water Safety



UK Beach Flags



Red and Yellow
means lifeguards
on duty

Between the
flags is the
safest place to
swim



Red
means danger.

No lifeguards

Do not swim
here



Black and White
means water
sports area

Do not swim
here



Orange Windsock

Shows the
direction and
strength of the
wind.

Beware of winds
blowing out to
sea.

ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.

STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.

In an emergency:

CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.

FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

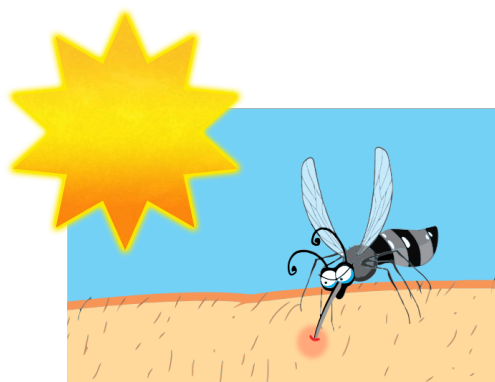
Throw something that floats to somebody that has fallen in.

Click here to find out more information





Insect bites and stings



During the summer it can be easier to get an insect bite.



Most insect bites and stings are not serious and will get better within a few hours or days.



If you are worried and want to know more, please visit your GP or the NHS website for more information

Click here to visit the NHS website to read more about Insect bites and stings

