

# Energy UK Guide to: Summer safety



A guide to staying healthy and safe in summer

## “I STAY SAFE”



Insects

Skin care

Travel

Allergies

hYdration

Summer health

Animals

Fatigue

Exposure to sun

# Insect bites

*When working outdoors you could be bitten by insects such as wasps, bees, midges and mosquitos*



## Fact 1

The most common insect bites are caused by bees, wasps and mosquitos\*

## Fact 2

When insects bite they release saliva that may cause the skin to become red and swollen\*

## Fact 3

Most bites clear within a few hours\*



## Preventing insect bites

- Cover exposed skin - cover your skin by wearing long sleeves and trousers. Consider the use of nets / mesh covering
- Consider using products with no strong perfumes, such as soaps, shampoos and deodorants – they can attract insects
- Avoid flowering plants, outdoor areas where food is served, rubbish and compost – they attract insects
- Avoid ponds and swamps – mosquitos are commonly found near water
- Keep food and drink covered when eating or drinking outside, particularly sweet things
- Keep doors and windows closed to prevent insects getting inside the office or vehicle
- Consider use of insect repellent to exposed areas of skin – repellents that contain diethyltoluamide (DEET) are most effective



## Treating insect bites

- Most insect bites and stings cause itching and swelling that usually clears up within several hours
- See your GP if the redness and itching gets worse or doesn't clear up after a few days
- Minor bites and stings can be treated by:
  - washing the affected area with soap and water
  - placing a cold compress (a flannel or cloth cooled with cold water) over the affected area to reduce swelling
  - not scratching the area as it can become infected
  - using bite sprays or topical creams which reduce inflammation or itchiness – e.g. calamine lotion



# Skin care

**Solar UV radiation can cause sunburn and damage to the skin which may lead to skin cancer**



## Fact 1

Exposure to sun can lead to skin cancers which start with a mole\*

## Fact 2

The greater the UV radiation, the higher the risk of possible sun damage\*

## Fact 3

Mole checking is as easy as ABC (and D!)\*

## Taking care of your skin – moles and mole checking (ABCD)\*

- Skin cancer is very common in the UK. Finding skin cancer early saves lives, so it is very important to know the signs
- Skin cancer often first appears as a change in a mole or a patch of normal skin
- Check moles regularly and see your GP if you think any may have changed



A = ASYMMETRY

### Asymmetry

The 2 halves of the mole look different



B = BORDER

### Border

The edge of the mole are blurred, jagged or irregular



C = COLOUR

### Colour

The colour of the mole isn't even, with more than one shade of colour



D = DIAMETER

### Diameter

The mole is wider than 6mm (the size of a rubber on top of a pencil)

# Travelling

*Sunshine and warmer temperatures can increase the risk of injury when travelling and moving around*



## Fact 1

There are more road workers and more cyclists on the roads

## Fact 2

Sunlight and glare can cause difficulties in visibility

## Fact 3

Footwear choices in the summer may lead to slips, trips and falls

## Travelling safely – walking and driving

### • Walk safely

- Use footwear provided and cover toes to protect from slips, trips and falls
- Footwear should protect and support your feet and ankles
- No flip flops in the field!
- Consider when and where you use mobile devices when walking

### • Drive safely

- Consider wearing suitable sunglasses to avoid direct sunlight and glare
- Be aware of the increase in roadworks and cyclists
- Keep screenwash topped up to manage increase in insect debris



# Allergies



***Hayfever can cause you to be distracted and feel unwell. Good management of symptoms can help manage the risk***

## Fact 1

Common causes include grass and tree pollen\*

## Fact 2

Hay fever can cause sneezing, watery eyes, runny nose and itchy throat\*

## Fact 3

Eating dairy and wheat may exacerbate symptoms\*

## Reducing the effects of pollen

- Check weather reports for the pollen counts and be prepared
- Keep windows closed in your van or car and avoid areas with cut grass
- Rub a small amount of Vaseline inside your lower nostril to help prevent pollen from entering your nasal passages
- Consider wearing wrap-around sunglasses (or safety spectacles if needed) when outside to stop pollen getting in your eyes
- Reduce intake of wheat or dairy products to help reduce mucus
- If you're taking prescribed medication, be aware that some medicines may cause drowsiness
- Don't ignore hayfever. If symptoms are severe then talk to your Pharmacist or GP for advice

# HYdration



***Dehydration occurs when you lose more fluid than you take in***

## Fact 1

Water makes up 50-70% of body weight and should be topped up regularly\*

## Fact 2

Both alcohol and caffeine can dehydrate you\*

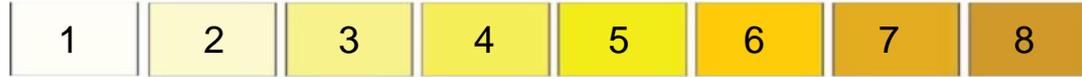
## Fact 3

Being hydrated improves concentration and mental performance\*

## Are you drinking enough?

- Early signs of dehydration include feeling thirsty, having a dry mouth and a headache
- Other signs include light-headedness and having darker or stronger smelling urine
- You will naturally sweat more when it's warm which can lead to dehydration
- You can use the colour of your urine to see if you are drinking enough:

*“Healthy pee is 1 to 3; 4 to 8 you need to hydrate”*



## Staying hydrated

- Daily recommended intake of water is 1.2 litres of water a day – which is about 6 - 8 glasses\*\*
- Consider carrying a water bottle with you, and top up regularly
- Fruit and salads have a high water content, and can help increase your water intake

# Summer health

*The summer months bring a great opportunity to improve your health*



## Fact 1

A 30 minute walk each day has proven long term health benefits\*

## Fact 2

Sunshine can boost your mood, and improve your immune system\*

## Fact 3

Sunshine helps us make vitamin D, which helps strengthen our bones\*

## Staying healthy in the summer

- Make the most of the light mornings and evening to get out and exercise
- Consider taking a break at lunchtime, and get some fresh air
- Remember to stay hydrated and drink plenty of water
- Try using a holiday as a goal to get fit and into shape
- Swap some winter carbs and try fresh fruits, vegetables and salads



# Animals (Dogs)

*Dogs remain high risk to our people when doors are left open and dogs can wander*



## Fact 1

Dogs suffer in the heat too, and may become more aggressive\*

## Fact 2

Dogs may bite because they are scared\*

## Fact 3

Dogs are territorial and will protect their homes and their owners\*

## Avoiding dog attacks

- Assume a dog lives at every house, make a noise before entry and look for signs of a dog – e.g. dog toys, “beware of the dog” signs
- Ask the owner to secure the dog before entry
- Keep an item of furniture or equipment between you and the dog where possible
- Avoid staring at the dog as it could provoke aggression
- Use any letter delivery tools you have to avoid putting fingers through letterboxes

## If you feel threatened by a dog

- Do not run. Do not turn your back. Remain calm and still. If you are alone, back away slowly
- Avoid eye contact. Do not smile at a dog, they may interpret a show of teeth as a sign of aggression
- Use a soft and soothing voice. Loud and angry sounds may provoke the dog
- Treat bites with soap and water. Seek medical advice if the wound is deep or painful

# Fatigue

***Working in a hot environment is linked with lower mental awareness, lower physical performance and consequently more injuries***



## Fact 1

Heat can cause fatigue\*

## Fact 2

Tired brains respond more slowly\*

## Fact 3

Reaction times are slower in the heat\*

## How to avoid the effects of fatigue

- Schedule work to a cooler part of the day where possible
- Drink plenty of water and eat regularly to maintain energy
- Consider short breaks more regularly
- Avoid driving when you feel the signs of fatigue
- PPE and workwear requirements may increase fatigue levels:
  - be prepared and take more breaks
  - consider wearing cooling workwear to help regulate your core temperature
- Look out for any changes in mental and physical conditions in yourself and your colleagues



# Exposure to the sun

***Working outdoors in the summer leads to exposure to the sun's harmful effects***



## Fact 1

60 people a year die in the UK after being exposed to the sun at work\*

## Fact 2

80% of UV rays can pass through clouds – and may burn you\*\*

## Fact 3

5 new cancer cases linked to work are registered in the UK **every day** \*

## Staying healthy in the sun

- Cover up and protect the skin with clothing, including a hat, long-sleeved shirt and sunglasses
- Check weather and UV index before you go out – be prepared
- Spend time in the shade when the sun is at its strongest, between 11am and 3pm
- Use a 'high protection' sunscreen of at least SPF 30 which also has high UVA protection, and make sure you apply it generously and frequently to all exposed areas when in the sun:
  - Adults should aim to apply around two teaspoons of sunscreen on the head, arms and neck alone
  - Sunscreen should be applied 30 minutes before going out, and then frequently after that
  - Check the expiration date on your sunscreen container, it usually remains effective for 2-3 years

\* IOSH "No Time to Lose"

\*\* Skin Cancer Foundation

\*\*\*NHS Choices

# External references and other useful links

Topics	Websites	Website addresses
Insects	NHS Choices	<a href="https://www.nhs.uk/conditions/insect-bites-and-stings/">https://www.nhs.uk/conditions/insect-bites-and-stings/</a>
Skin Care	British Association of Dermatologists	<a href="http://www.bad.org.uk/for-the-public/skin-cancer/melanoma-leaflets">http://www.bad.org.uk/for-the-public/skin-cancer/melanoma-leaflets</a>
Travelling	BRAKE	<a href="http://www.brake.org.uk/">http://www.brake.org.uk/</a>
Allergies	NHS Choices	<a href="https://www.nhs.uk/conditions/allergies/treatment/">https://www.nhs.uk/conditions/allergies/treatment/</a>
Hydration	WebMD	<a href="https://www.webmd.com/a-to-z-guides/dehydration-in-adults-treatment#1">https://www.webmd.com/a-to-z-guides/dehydration-in-adults-treatment#1</a>
Summer Fitness	NHS Choices	<a href="https://www.nhs.uk/LiveWell/Summerhealth/Pages/Summerhealthhome.aspx">https://www.nhs.uk/LiveWell/Summerhealth/Pages/Summerhealthhome.aspx</a> <a href="https://www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-walking.aspx">https://www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-walking.aspx</a>
Animals	RSPCA	<a href="https://www.rspca.org.uk/adviceandwelfare/pets/dogs/behaviour/aggression/-/articleName/CAD_CanineAggression">https://www.rspca.org.uk/adviceandwelfare/pets/dogs/behaviour/aggression/-/articleName/CAD_CanineAggression</a>
Fatigue	Brake (Road Safety Charity) HSE	<a href="http://www.brake.org.uk/top-level/18-campaigns/1641-driving-for-zero-fatigue-2">http://www.brake.org.uk/top-level/18-campaigns/1641-driving-for-zero-fatigue-2</a> <a href="http://www.hse.gov.uk/temperature/heatstress/index.htm">http://www.hse.gov.uk/temperature/heatstress/index.htm</a>
Exposure to the sun	IOSH - No Time to Lose BBC Weather Skin Cancer Foundation	<a href="http://www.notimetolose.org.uk/">http://www.notimetolose.org.uk/</a> <a href="https://www.bbc.co.uk/weather">https://www.bbc.co.uk/weather</a> <a href="https://www.metoffice.gov.uk/">https://www.metoffice.gov.uk/</a> <a href="https://www.skincancer.org/prevention">https://www.skincancer.org/prevention</a>