

HIGH TEMPERATURES FORECAST 9TH – 14TH AUGUST

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HIGH TEMPERATURES FORECAST 9TH – 14TH AUGUST

Higher than average temperatures have been forecast from the middle of this week and into the weekend, with highs of 32 degrees Celsius anticipated.

All onsite colleagues are encouraged to stay safe in the sun and high temperatures –

- Where possible avoid the sun at the hottest time of the day (between 13:00-15:00) and limit sun exposure by remaining in the shade where possible.
- Wear suitable high factor sun protection, including headwear and long sleeved, loose clothing where possible.
- Stay hydrated and keep body temperatures regulated by drinking plenty of cool fluids.
- Where operationally viable, limit the number of strenuous activities to the time of day where temperatures are cooler.
- Take regular breaks and rotate outdoor tasks where possible.
- Be mindful that transiting from extreme cold to extreme hot areas can cause feelings of sickness or unwell.

In addition, for the safety of all Colleagues on site, please ensure that any aerosols, batteries and small battery powered equipment are not left in windows or direct sunlight where it may become subject to overheating.

Please remain vigilant and report any immediate fire or safety concerns to the emergency contact number 3333 (external 01332 818555)

For more information on staying safe and well in hot weather, refer to the NHS website:

Heatwave: how to cope in hot weather - NHS (www.nhs.uk)

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Originator: -	Health and Safety Business Partner	Confirmed By: -	Operations Director (Acting)
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