



Sun and Heat Safety

Top tips for staying safe this summer!



Healthworks

the community health charity

Sun and Heat Safety

It's important to enjoy the sun and the heat safely and know when and how to protect your skin. Too much ultraviolet (UV) radiation from the sun or sunbeds are the main cause of skin cancer.

Even in the UK the sun can be strong enough to burn.

Did you know?

- 16,700 skin cancer cases occur every year in the UK
- 86% of skin cancer cases could be prevented in the UK
- Skin cancer is the 5th most common cancer in the UK

SUN SAFETY TIPS



- Protect your skin when the sun is strong by enjoying the cool shade.
- Wearing a t-shirt helps to protect your skin, and a hat that covers your face and the back of your neck.
- Sunglasses also help in the sun.
- Use sunscreen with at least SPF 30 and 4 or more stars.
- Remember to reapply often to get the level of protection on the label.
- Sunscreen doesn't give 100% protection, so it doesn't mean you're safe to stay out in the sun longer.

Sun and heat - more ways to keep safe

- Look out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying health conditions and those who live alone are particularly at risk.
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors.
- Drink plenty of fluids and avoid excess alcohol.
- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals.
- Try to keep out of the sun during the hottest part of the day (between 11am to 3pm).
- Walk in the shade, apply sunscreen regularly and wear a wide brimmed hat, if you have to go out in the sun. See sunscreen recommendations: [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Avoid exercising in the hottest parts of the day.
- Make sure you stay hydrated. Take water with you, if you are travelling.

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally (for example, while on holiday)
- are in a hot country where the sun is particularly intense
- have a family history of skin cancer

Heat exhaustion

The signs of heat exhaustion include:

- a 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
- a high temperature of 38C or above
- being very thirsty
- The symptoms are often the same in adults and children, although children may become floppy and sleepy.
- If someone is showing signs of heat exhaustion, they need to be cooled down.

Things you can do to cool someone down:

If someone has heat exhaustion, follow these 4 steps:

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too.

Stay with them until they're better.

They should start to cool down and feel better within 30 minutes.

Call 999 if:

You or someone else have signs of heatstroke including:

- fast breathing or shortness of breath
- a fit (seizure)
- loss of consciousness
- not responsive

Heatstroke can be very serious if not treated quickly.

Put the person in the recovery position if they lose consciousness while you're waiting for help.

Visit <https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/> for more info

Check your moles

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care.

Keep an eye out for changes to your skin - changes to check for include:

- a new mole, growth or lump
- any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible. as skin cancer is much easier to treat if it's found early.

‘ABCDE’ can help you remember mole changes to look out for

A

Asymmetry

The two halves of your mole don't look the same

B

Border

Might be irregular, blurred or jagged

C

Colour

May be uneven with different colours, or be different from other moles

D

Diameter

Might be the width of a pencil (6mm or more) and could be getting bigger or changing shape

E

Evolving

Anything that changes over time



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