

Heat and sun

About 5 minutes · Read it out, then ask the questions at the end.

Why it matters. Outdoor workers get high exposure to the sun, which can cause skin cancer. Hot weather also brings heat exhaustion and heatstroke.

The hazards

- Sunburn and long-term skin damage
- Heat exhaustion and heatstroke
- Dehydration
- Fatigue and poor concentration

Stay safe

- Cover up with clothing and wear a hat with a brim or neck protection
- Use high-factor sunscreen on exposed skin
- Drink water regularly
- Take breaks in the shade
- Plan heavy work for cooler times where you can
- Know the signs of heat illness: headache, dizziness, confusion
- Check your skin for changes to moles

Ask the team

1. Where can you take a break in the shade?
2. What are the signs of heatstroke?
3. How much water have you had today?

The law and guidance

Workplace (Health, Safety and Welfare) Regulations 1992; Management of Health and Safety at Work Regulations 1999.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. www.ewgroup.co.uk · Bristol 0117 982 0005 · London 020 7476 0001

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Site: _____ Date: _____

Given by: _____ Company: _____

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.