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| A blue and white logo  Description automatically generated**Gerry Keane – Walls Construction - Operations Director of Health, Safety and Sustainability** |
| **Description** |
| As we enter a period of potentially very warm weather, the dangers of working outside significantly increases. Knowing how to work safely in hot weather can help prevent heat stress, heat stroke and sunburn. Heat stroke is the most serious heat-related disorder and occurs when the body can no longer control its temperature. The body temperature can rise to 38 degrees Celsius or higher within 10 to 15 minutes and heat stroke can cause death or permanent disability if emergency treatment is not provided.  Other heat-related disorders include heat exhaustion, heat cramps and heat rash.Heat stroke occurs when the body no longer sweats, and body temperature reaches dangerous levels. Symptoms of heat stroke include:* Dry, hot reddish skin and lack of sweating
* High body temperature
* Strong, rapid pulse
* Chills
* Confusion
* Slurred speech

Heat exhaustion is the body’s response to the loss of water and salt, typically through sweating. Symptoms of heat exhaustion include:* Excessive sweating
* Weakness or fatigue
* Dizziness and/or confusion
* Clammy skin
* Muscle cramps
* Flushed complexion

Heat cramps are painful cramps in the body’s muscles due to low salt levels and are typically caused by excessive sweating. Symptoms of heat cramps include:• Muscle pain usually in the abdomen, arm, or legs.• Muscle spasms usually in the abdomen, arm, or legs.Heat Rash is an irritation of the skin caused by excessive sweating. Symptoms of heat rash include:• Red cluster of pimples or small blisters• Usually on neck and upper chest, groin area, and in elbow creases. |
| **Safety Tips** |
| **Ten Hot Weather Safety Tips:**1. Stay hydrated. Drink plenty of fluids – be aware of where the drinking water is located on your project.
2. Avoid dehydrating liquids. Alcohol, coffee, tea, and caffeinated soft drinks can hurt more than help.
3. Wear protective clothing. Lightweight, light-coloured, and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
4. Pace yourself. Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. Schedule frequent breaks. Take time for rest periods and water breaks in a shaded area.
6. Use a damp rag. Wipe your face or put it around your neck.
7. Avoid getting sunburn. Use sunscreen and wear a hat if working outside.
8. Be alert to signs of heat-related illness. Know what to look for and check on other workers that might be at high risk.
9. Avoid direct sun. Find shade or block out the sun if possible.
10. Eat smaller meals. Eat fruits high in fibre and natural juice. Avoid high protein foods.

**Stay safe this summer and keep hydrated.** |
| **Skin Cancer Awareness** |
| Skin cancer is the most common cancer in Ireland amongst both men and women. However, it is the most preventable cancer. 40% of skin cancer deaths are among people who work or have worked in construction. (Source: ROSPA – Royal Society for the Prevention of Accidents)**Main causes:** * More than 75% of the Irish population has a Celtic type of complexion which greatly increases skin cancer risk.
* Exposure to harmful UV without sunscreen being worn.
* More exposure to high intensity sun due to foreign holidays.
* Perception that a tan is healthy and fashionable.

 **WHO IS MOST AT RISK OF SKIN CANCER?** No matter how dark our skin is, or how easily we tan, the fact is WE ARE ALL AT RISK OF SKIN CANCER! However, as a predominantly fair-skinned population, some people are at greater risk due to their skin type and typically tend to have one or more of the following: * Fair skin that burns easily
* Red or fair hair
* Lots of moles and/or freckles
* A family history of skin cancer
* A history of sunburn, particularly when you were a child.

**How do you prevent it? Follow the SunSmart Code...****Slip on sun protection clothing:** Wear a T-shirt with a collar and ideally long sleeved. Choose clothes with a close weave material.**Slap** **on a hat, and ensure you have long loose-fitting trousers****Seek Shade where possible****Slide on wrap-around sunglasses** Make sure they give UV protection –check the label**Slop on the sunscreen protection** With SPF 30 or higher and UVA/UVB protection. WCL Provide SPF 50 in  the welfare facilities, if it is empty, please consult WCL Mgmt.**Remember, the sun’s rays damage your skin even when it is cloudy.** |