

# PLAYING IT SAFE



## Summer Precautions for Outdoor Workers

*Helpful tips for keeping you safe during warmer weather*

If you're an outdoor worker, it is important to take precautions against exposure to sun, heat and insect bites during the summer months.

### Sun

To protect against the sun's harmful ultraviolet (UV) rays:

- Cover up. Wear lightweight, tightly woven clothing that you can't see through.
- Use sunscreen. A sun protection factor (SPF) of at least 15 will block 93 per cent of UV rays. Be sure to follow application directions.
- Wear a hat. It should protect your neck, ears, forehead, nose and scalp.
- Wear UV-absorbent shades. Sunglasses should block 99 to 100 per cent of UVA and UVB radiation. Before you buy, read the product label.

### Heat

The combination of heat and humidity can be a serious health threat during the summer months. To beat the heat:

- Drink plenty of water before you get thirsty.
- Wear light, loose-fitting, breathable clothing such as dry-fit material.
- Eat smaller meals before work activity.
- Skip the caffeine and fizzy drinks; drink water instead.
- Be aware that equipment such as respirators or work suits can increase heat stress.

### Ticks

If you're working in tall grass or wooded areas, take the following precautions to protect yourself from ticks:

- Wear light-coloured clothing to see ticks more easily.
- Wear long sleeves and long trousers.
- Tuck trouser legs into socks or boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellents, but not on your face.
- Wash and dry your work clothes at high temperatures.

Examine your body for ticks after work. Remove any attached ticks promptly with a tweezers. In some regions, ticks may transmit Lyme disease. If you get bit and develop a rash, see your doctor.

### Insect Bites and Stings

Bee, wasp and hornet stings are typically only dangerous to those who are allergic or have been stung multiple times.

- Wear insect repellent.
- Avoid wearing heavy perfumes or scented lotions.
- Check before drinking from cups, bottles or cans. Stinging insects are attracted to sweet drinks.

Be safe and healthy on the job at **BHIB** with these helpful tips provided by **BHIB Insurance Brokers**.

### Summer Safety Tips

Always wear sunscreen and UV-absorbent sunglasses. Stay hydrated by drinking plenty of water before you get thirsty. Wear insect repellent to keep ticks away, carefully following label directions for use.

This flyer is for informational purposes only and is not intended as medical or legal advice.

© 2009-2010, 2017 Zywave, Inc. All rights reserved.

**BHIB**  
INSURANCE BROKERS