



SUMMER SAFETY TIPS

Why Summer Safety Matters?

Staying safe in summer is essential for health and productivity. Hydration, sun protection, and recognizing heat exhaustion prevent serious health issues, ensuring a comfortable and effective work environment for all university employees.



Stay Hydrated

Drink water frequently and avoid caffeinated beverages as they cause dehydration.



Use Sunscreen

Apply SPF 30+ sunscreen before heading outside and reapply every two hours.



Take Shade Breaks

Avoid working in direct sunlight. Increase the number of breaks in cool or shaded areas to cool down and prevent heat stress.



Wear Protective Clothing

Opt for light-colored, lightweight clothing that allows sweat to evaporate. Wear wide-brimmed hats and UV-blocking sunglasses.



Recognize Heat Exhaustion Symptoms

Be aware of signs like nausea, dizziness, headache, and blurred vision. Seek medical attention immediately if you/anyone around you experiences symptoms of heat exhaustion.



Schedule Work Wisely

Plan strenuous tasks for cooler times of the day or cooler days.



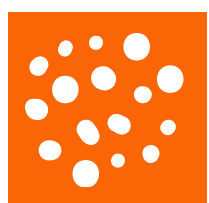
Prepare for Work

Adapt to hot environments gradually.



Be Prepared for Severe Weather

Stay updated on weather forecasts and heat advisories. When thunder roars, go indoors and stay there for at least 30 minutes after the last rumble.



Be Aware of Allergens

Recognize and avoid areas with high pollen or other allergens that can aggravate respiratory conditions, especially during summer.

Health & Safety is everyone's responsibility.