



**RED WEATHER
WARNING**

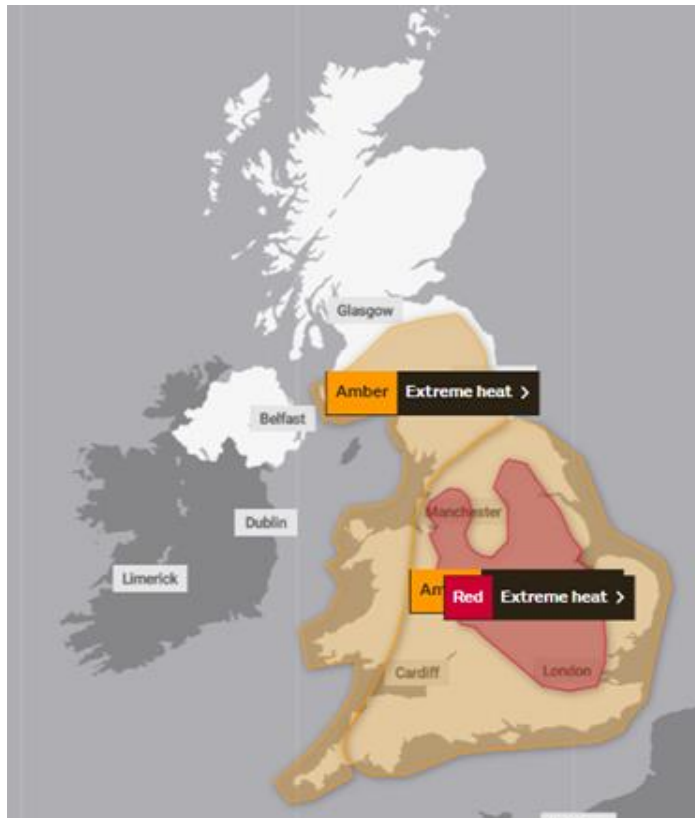
SHA001

Hazard Alert Red Weather Warning – Extreme Heat

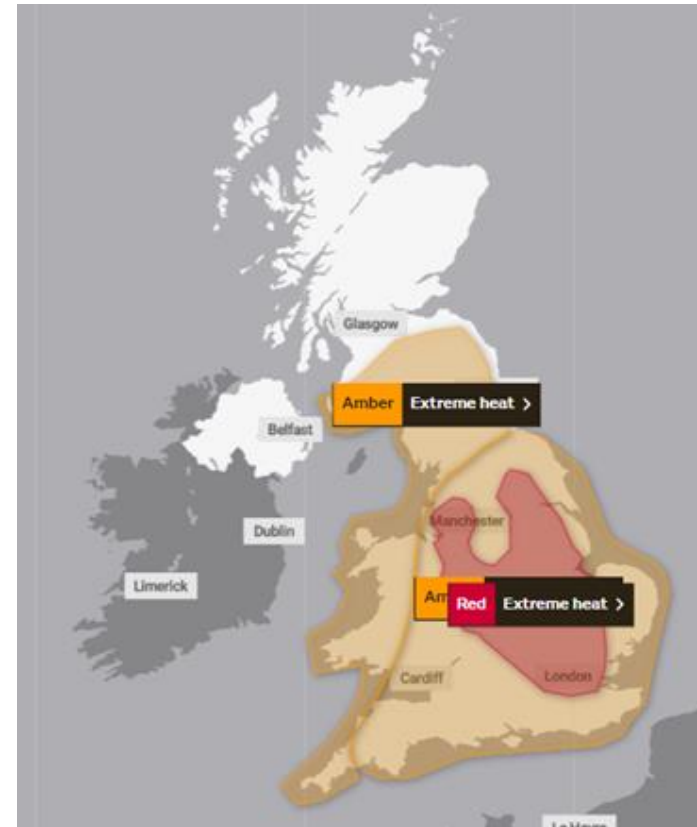
Hazard Alert Red Weather Warning – Extreme Heat

UK met office has issued first ever red weather warning for extreme heat

Monday 18/07/2022



Tuesday 19/07/2022



Temperatures predicted to reach 40 degrees

Hazard Alert Red Weather Warning – Extreme Heat

Definition of Red Warning: Dangerous weather is expected and, if you haven't already done so, you should take action now to keep yourself and others safe from the impact of the severe weather. It is very likely that there will be a risk to life, with substantial disruption to travel, energy supplies and possibly widespread damage to property and infrastructure. You should avoid travelling, where possible, and follow the advice of the emergency services and local authorities. *Definition from Met office*

Below is advice for working in hot weather-

- Stay out of the heat, cool yourself down, keep your environment cool or find somewhere else that is cool.
- Drink plenty of fluids and avoid excess alcohol, Fluid requirements are higher than normal in hot weather and after strenuous activity, to replace fluids lost through sweating. Serious dehydration needs urgent medical attention.
- Get medical advice if you are suffering from a chronic medical condition or taking multiple medications.
- If you must go out in the heat, walk in the shade, wear lightweight, loose-fitting, light coloured cotton clothes.
- Wear suitable head wear, such as a wide-brimmed hat, to reduce exposure to the face, eyes, head, and neck.
- When exposed to direct sunlight, cover your skin with clothing giving good protection; examples are long-sleeved shirts and loose clothing with a close weave. At home wear as little clothing as necessary.
- Sunglasses should exclude both direct and peripheral exposure of the eye to ultraviolet (UV) radiation, so a wraparound design is best.
- Apply sunblock, or broad-spectrum sunscreens, with high sun protection factor (SPF) of at least SPF15 with UVA protection regularly to exposed skin.

Hazard Alert Red Weather Warning – Extreme Heat

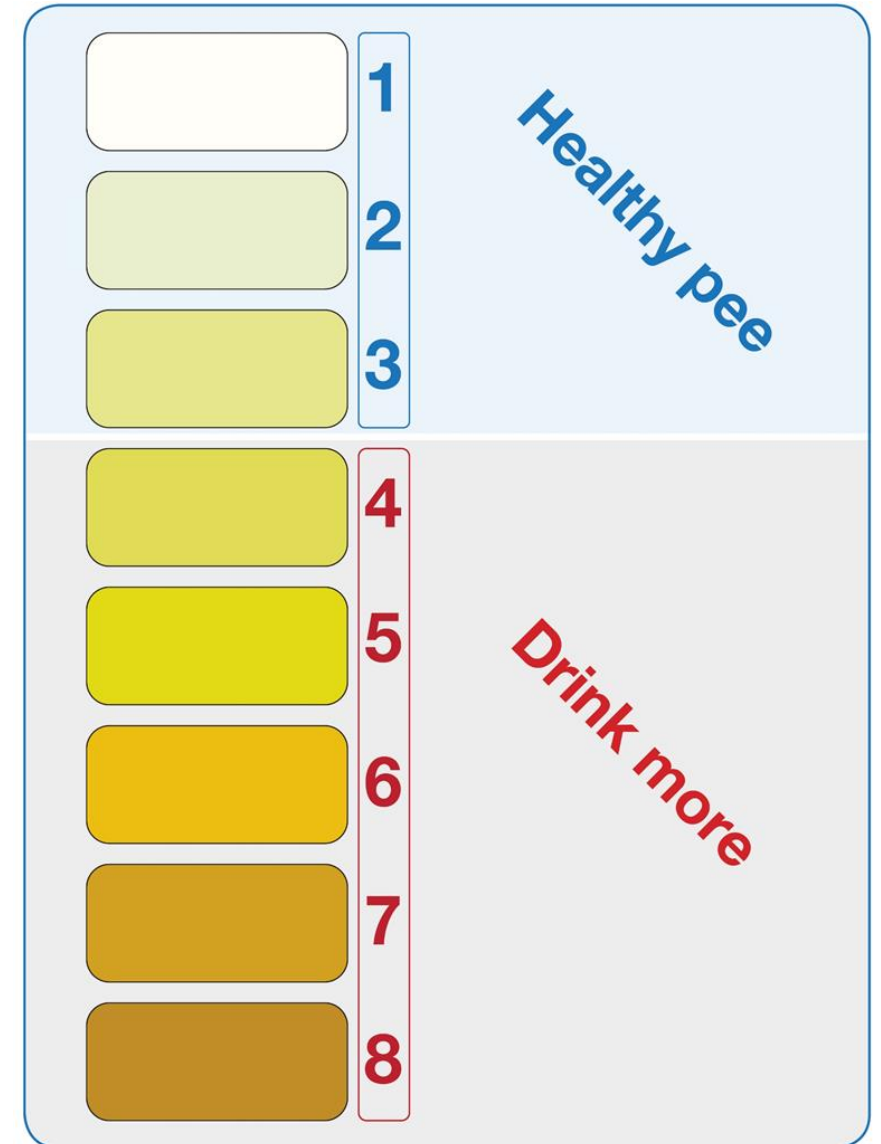
Signs of dehydration-

Signs of dehydration are visible in your urine. Dark and strong smelling urine is a clear sign that you need to drink more fluids.

Use the above urine colour chart to check for signs of dehydration. Healthy pee is 1-3, 4-8 must hydrate.

Other symptoms of dehydration include –

- Pain when urinating (UTIs)
- Dry mouth, lips or eyes
- Thirst
- Dizziness
- Headaches
- Tiredness
- Lack of concentration



Hazard Alert Red Weather Warning – Extreme Heat

Choosing the right protection-

Skin type	MODERATE UK/N Europe	HOT S Europe/ Mediterranean	VERY HOT Tropics/ Africa/ Florida/ Australia
Sensitive Skin	SPF 15	SPF 30	SPF 50+
Fair Skin	SPF 20	SPF 25	SPF 40
Normal Skin	SPF 15	SPF 20	SPF 25
Dark Skin	SPF 15	SPF 15	SPF 25
Children's skin	SPF 40	SPF 50+	SPF50+