

Summer Advice

Sun advice for children

Whether you're heading to the beach, playing in the park or out in your garden, it's crucial to think about sun protection for little ones. These five steps will help to prevent sunstroke and dehydration so you can enjoy your family day out:

1. Stay in the shade when possible.
2. Use a good sun cream with at least SPF 15 and 4 stars UVA protection.
3. Keep topping up the sun cream.
4. Always pack a sun hat and light layers of clothing.
5. Drink lots of water.

Help your kids to learn about sun safety with this video from CBeebies:

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>

Keep your little ones protected this summer with the Sun Smart message:

- Spend time in the shade between 11 am and 3 pm.
- Make sure you never burn.
- Aim to cover up with a T-shirt, hat and sunglasses.
- Remember to take extra care with children.
- Then use factor 15+ sunscreen.

Check out 'Mini First Aid' for more advice: <https://www.minifirstaid.co.uk/blog/keeping-the-kids-safe-in-the-sun>

Hot weather advice – Elderly

Closing curtains and blinds and staying out of the sun during the heat of the day can help older adults to stay safe and cool in the summer heat. Keeping water and a cool, wet cloth handy when out and about in the hot sun can also help to prevent sunstroke in older adults.

Senior citizens are much more affected by summer heat. Dehydration diminishes the ability to regulate temperature, meaning that the risk of developing a heat illness rises dramatically. To ensure older adults stay safe in hot weather, always offer water and shade. This page has some handy summer health and safety advice for older people: <https://www.ageukmobility.co.uk/mob...mer-health-and-safety-advice-for-older-people>

Most of us welcome hot weather, but when it's too hot for too long, there are health risks. A heatwave can affect anyone, but the most vulnerable people are:

- Older people – especially those over 75
- Those who live on their own or in a care home
- Those who have underlying health conditions

If you're more at risk in hot weather, ensure you follow these tips from the NHS website:

<https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

One of the more obvious health issues that can arise during hot weather is dehydration. Dehydration develops due to a lack of water in your body and can become serious if left untreated. Warning signs of dehydration can include a feeling of weakness, headaches, dizziness, muscle cramps and a loss of consciousness.

Our body needs plenty of water in order to work. It lubricates the joints and eyes, aids digestion, flushes out waste and toxins, and keeps the skin healthy. Sometimes our sensation of thirst can reduce as we get older, particularly if you've had a stroke or have Alzheimer's disease, so you may not realise soon enough that you're becoming dehydrated. Aging Care has some great tips on increasing fluid intake for older adults: <https://www.agingcare.com/articles/hydration-tips-for-seniors-205594.htm>

There are a few reasons why older adults are more susceptible to fluid and electrolyte imbalances. Muscle mass and kidney function often decline with age, decreasing the ability to conserve water. It can make it more challenging to adapt to things like fluctuating temperatures. This page from Age UK provides information on the symptoms and prevention of dehydration in older adults.

<https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/drinking-well/>

Sun cream

Sunscreen helps to reduce the intensity of the sun's ultraviolet (UV) rays entering the skin and damaging vulnerable skin cells. To stay safe in the sun, we recommend these three tips:

- Protect the skin with clothing, including a hat, T-shirt and sunglasses
- Spend time in the shade between 11 am and 3 pm when it's sunny
- Use a 'high protection' sunscreen of at least SPF 15 with high UVA protection

Cancer Research UK has some great advice on keeping safe in the sun:

www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/sun-safety

When buying sun cream, we commonly look for the SPF factor, but what does this actually mean? The SPF or Sun Protection Factor can be described as how much longer skin takes to burn covered with sunscreen compared with unprotected skin. For example, if you burn after ten minutes in the sun, then using SPF15 is taken to mean that you can safely remain in the sun for $10 \times 15 = 150$ minutes (2½ hours) before burning. Usually, the protection you may actually receive is expected to be about one-third to one-half of the labelled SPF; that's why healthcare professionals recommend wearing at least SPF15.

Maintaining balanced protection against both UVB and UVA sun rays reduces the likelihood of damaging your skin – either by sunburn or by developing skin cancer later in life. On the back of sun-cream bottles, the UVA Star Rating ranges from 1 to 5 stars, 1 being low UVA protection and 5 being high. Using a 'high protection' sunscreen of at least SPF 30 which also has high UVA protection is recommended. For more information on staying safe in the sun, visit the NHS website:

www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/

BBQ safety

BBQs are a great way to spend time with friends and family over the summer; however, it's essential to prepare to ensure you have a safe and enjoyable experience. These simple precautions will help to keep you and your family safe this summer:

- Ensure the barbecue is on a flat site, well away from flammable objects, plants and buildings.
- Keep children, garden games and pets well away from the cooking area.
- Keep a bucket of water or sand nearby for emergencies.
- Never leave the barbecue unattended.
- Ensure the barbecue is cool before attempting to move it.

Are you having a BBQ this summer? Explaining to children the dangers of playing with or near lighted fires will help to prevent irreversible harm. If a fire does break out, don't attempt to fight the fire yourself unless it's very small – fires can travel very quickly. Call the fire and rescue service immediately on 999 or 112. This video from the Cheshire Fire Service has some great information:

<https://youtu.be/0DCD2Sf81gs>

If you use a disposable barbecue this summer, please remember:

- It must be placed on an even surface.
- Place it well away from the house, shed or fences.
- Do not use disposable barbecues near or on public benches.
- Ensure it has cooled down before putting it in the bin.

To avoid starting a fire, you should allow it to cool for several hours and then consider pouring water over it to make sure it's out.

These top tips from @dsfireupdates are sure to keep you safe this BBQ season:

<https://dsfire.gov.uk/YourSafety/TopSafetyTips/documents/BBQSafetyLeaflet.pdf>