

Safety Tips

You will be spending more time outdoors enjoying the change of season, fresh air and the company of friends and relatives. You may also want to begin gardening projects, which can be relaxing as well as a good form of exercise. This is the time of year when long walks in the mornings or after dinner each evening are enjoyable as the daylight grows longer.



Remember to avoid the sun between **10am and 4pm**. If your shadow is shorter than you, the sun's rays are at their strongest.

When spending long periods outdoors remember to
Slip, Slop, Slap and Wrap

Slip on a shirt

The tighter the weave the better. The material should be comfortable but you should not be able to see through the fabric.

Slap on a hat

Wear a wide brimmed hat that shades your face, neck and ears. When wearing a baseball cap, apply sunscreen to your neck and ears.

Slop on sunscreen

Protect your skin by using sunscreen (SPF of 15 or higher) on the exposed areas including your face, neck, tips of ears and hands.

Wrap on sunglasses

Wear sunglasses with 100% UVA and UVB absorption to protect your eyes and the surrounding skin.



Also, don't forget...

- ✓ Wear proper footwear, which fits well and is comfortable.
- ✓ As always drink plenty of fluids, 6 to 8 glasses of water per day will prevent dehydration.
- ✓ When working in your garden, remember to take frequent breaks to avoid over-exertion.

