

**HIGH TEMPERATURES**

<b>ASA REF: -</b>	13/21	<b>DATE OF ISSUE: -</b>	16 <sup>th</sup> July 2021	<b>EFFECTIVE DATE: -</b>	16 <sup>th</sup> July 2021
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**HIGH TEMPERATURE FORECAST**

As you will be aware, exceptionally high temperatures have been forecast over the weekend and into next week, therefore colleagues are encouraged to stay safe in the sun and hot weather.

- ✓ avoid the sun at the hottest time of the day where possible (between 13:00-15:00)
- ✓ wear suitable sun protection
- ✓ most importantly, stay hydrated by drinking plenty of fluids!

For more information on staying safe and well in hot weather see the NHS website:

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

**END.**

<b>Originator: -</b>	Health and Safety Business Partner	<b>Confirmed By: -</b>	Head of Compliance and Business Resilience
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