

Sun Safety  
PRSD Safety Advisory Committee

Summer time means sunshine and warm weather! In the midst of enjoying our time outdoors it is important to keep safety at the forefront of our planning. Heat-related illness can happen easily, especially when participating in physical activities during hot weather. The best defense is prevention. Avoid sunburn by covering up, using sunscreen and dressing in lightweight, light-colored clothing. Hydration is important – be sure to drink plenty of water and take frequent rest breaks. Ensure that young children are well supervised and have opportunity to recharge. With our long summer days it is easy to get caught up in outside time!

Please visit <http://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/heat-related-emergencies--staying-cool-and-hydrated-in-canadian-summers> for more detailed information regarding sun safety.