Summer Safety Checklist

Staying Safe in Warm Weather

Tick each box as you go.

Drink Plenty of Fluids

□ I have had a drink this morning
□ I have had a drink at lunchtime
□ I have had a drink this afternoon
□ I have had a drink this evening

Today's goal: 6–8 drinks (unless your doctor has advised otherwise).

Keep Cool

□ Stay in the shade when the sun is strongest (11am–3pm)
□ Wear a hat when outside
□ Wear light, loose clothing
□ Keep curtains or blinds closed in sunny rooms
□ Use a fan if available

Eat Regularly

□ Breakfast
□ Lunch
□ Evening meal
□ Healthy snack
Fruit such as watermelon, strawberries and oranges can also help keep you hydrated.

Remember

✔️ **Keep drinking even if you do not feel thirsty.**
✔️ **Stay cool during hot weather.**
✔️ **Ask for help if you feel unwell.**

Going Outside?

□ Take a bottle of water
□ Wear sunscreen
□ Wear comfortable shoes
□ Tell someone where you are going (if appropriate)

Watch for Signs You May Be Too Hot

Ask for help if you notice:

☐ Feeling dizzy
☐ Feeling very thirsty
☐ Headache
☐ Feeling unusually tired
☐ Confused or muddled
☐ Feeling sick

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