

WORKER SAFETY IN THE SUMMER: HOW TO PROTECT AGAINST UV RAYS –AND THE HEAT

When it comes to working in the sun, one of the first rules of safety is to prevent exposure to ultraviolet (UV) radiation.

Without proper protection, UV rays can damage the eyes and cause sunburn, which can increase the risk of further skin damage.

Key equipment for UV protection:



UV rays are **most intense** 10 a.m. – 4 p.m.



Safety eyewear



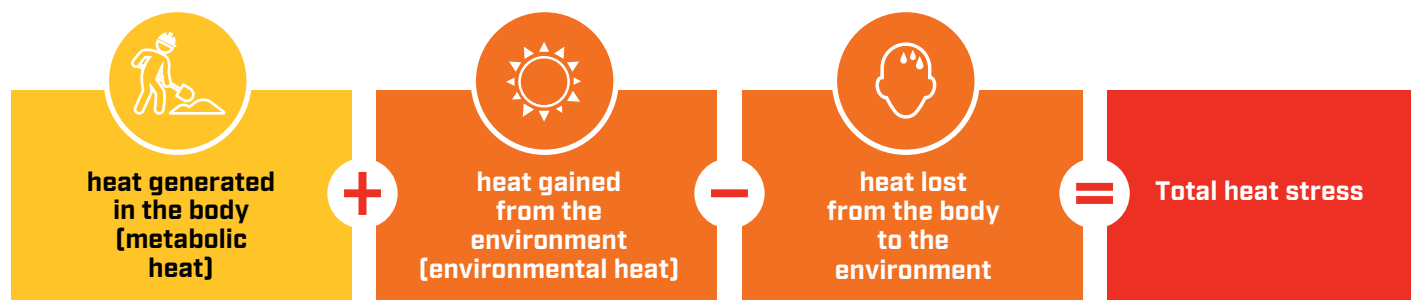
Clothing with tightly woven fabric that blocks UV rays



Sunscreen with SPF of at least 30

Another critical risk in summer work is heat stress.

This condition — caused when the body is unable to maintain a normal temperature in hot environments — can lead to serious heat-related illness or death.



Source: EN ISO 7933 – Analytical Determination of Heat Stress (Predicted Heat Strain)

Symptoms of heat stress can include:

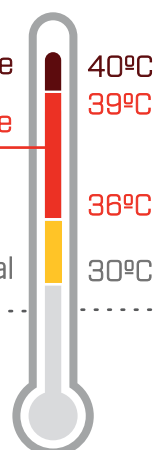
- Headache, dizziness or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea or vomiting
- Muscle spasms
- Rash



Heat stroke

Danger zone

Normal



Heat stress is preventable, and a key consideration is personal protective equipment (PPE).

Follow these 3 tips for keeping cool when the workday heats up.

1

Hard hat

Safety hard hats should be lightweight, light-colored to reflect sunlight, and designed with ventilation features to reduce heat buildup.

Use lightweight PPE. Heavy outerwear and gear can hinder the body's ability to cool itself by trapping sweat instead of allowing it to leave. It can also restrict movement, requiring more exertion that increases metabolic heat.

Gloves

Should be designed from breathable materials that facilitate airflow, ensuring hands remain cool and comfortable.

Boots

Boots made from breathable, lightweight materials are recommended. Alternatively, sandals may also be acceptable depending on the conditions.

Safety eyewear

Safety eyewear should feature UV protection, anti-fog coatings, and lightweight, ventilated frames to ensure clear vision and comfort in high temperatures.

Earplugs

Safety earplugs should be made from moisture-resistant, breathable materials that maintain comfort and hygiene in high temperatures.

Fall harness

It should also feature moisture-wicking properties and ergonomic padding, to ensure comfort and prevent heat stress.

When workers are safe and comfortable, they're also more productive.

If workers have ineffective, uncomfortable PPE — from goggles that fog to gloves that cause hands to feel sweaty — they may struggle to perform tasks correctly or efficiently. **Protect productivity by choosing the right PPE.**

Proper PPE



Safety & Productivity

2

Use a hard hat to reduce direct sun exposure, protecting the neck, ears, eyes, forehead, nose and scalp.



3



If work requires respirators, choose models that minimise breathing resistance.

Some non-powered air-purifying respirators (APRs) are designed with low-inhalation resistance filters and ergonomic seals to reduce strain on the wearer. Pairing these with cooling garments can help manage heat stress and support worker comfort and performance.

Learn more

For more guidance on PPE for summer work, please contact your PIP| HSP sales representative or [a local distributor](#).