

HOT WEATHER - SAFETY MEASURES

This is a reminder to all to exercise care and take necessary steps during period of persistent hot weather. **Prolonged exposure to the hot sun and lack of hydration can cause heat exhaustion and in more serious instances, heat stroke.**

Please note the following guidelines and suggested precautions:

- a) Students should drink appropriate amount of fluids (preferably plain water) regularly to **hydrate** themselves throughout the day.
- b) **Drinking water is also important before, during and after exercise** to prevent heat injuries.
- c) The duration of activities in the sun (PE, CCA, others) should be kept short (< 30 minutes) and with rest breaks and shade breaks. Alternatively, these sessions could be conducted in indoor facilities.
- d) Minimise sustained activities in the outdoors during the period between 10.30 a.m. and 3.30 p.m. when the ultraviolet (UV) and heat levels are generally much higher.
- e) Students should consider taking appropriate UV protection measures, such as:
 - (i) Use of sunscreen (at least SPF30)
 - (ii) Wear broad-brimmed hat and long sleeve shirts
 - (iii) Use of sunglasses
 - (iv) Seek shade