



## Hot weather risks and staying cool

Hot weather poses special health risks including sun exposure, dehydration and heat exhaustion. If you spend time outdoors exposed to the sun, you're at greater risk of damaging your skin and developing skin cancer. Take care of yourself and stay safe in the sun by covering up, protecting your head, wearing sunglasses, taking breaks in the shade, and using sunscreen on any exposed skin. Don't forget to drink plenty of water and do all you can to keep cool.

## Protect yourself in hot weather!

Logon today at  
[www.asps.wellbeingzone.co.uk](http://www.asps.wellbeingzone.co.uk)

**Or create** an account by clicking 'Register' and using the following code.

Organisation Code : **ASPS1**