



SUPERVISOR SUMMER SAFETY BRIEFING SHEET

Use at weekly briefings and toolbox talks



YOUR ROLE

You set the standard.
You plan the work.
You look out for your team.

Good supervision prevents incidents and keeps everyone going home safe.

MAKE SUMMER SAFETY PART OF OUR DAILY ROUTINE – JUST LIKE PPE.

KEY SUMMER RISKS ON SITE



UV EXPOSURE

Sun exposure can cause skin damage and increase the risk of skin cancer.

- High UV levels from late spring to early autumn
- UV reflected from metal and surfaces
- Risk increases with height and time outdoors
- UV can penetrate thin cloud cover
- Some medications can increase sun sensitivity – check the label or ask your pharmacist



DEHYDRATION

Losing fluid affects focus, decision-making and physical performance.

- Even mild dehydration reduces concentration
- Increases fatigue and risk of mistakes
- Higher risk in hot, humid conditions
- Regular fluids and electrolytes help maintain performance



HEAT STRESS

Heat stress can lead to serious illness and can be fatal.

- Heat exhaustion and heat stroke are serious
- Symptoms can come on quickly
- Physical work and PPE increase the risk
- Check on others – look for signs



WORKING AT HEIGHT

Heat, dehydration and distraction increase the risk of falls.

- Fatigue reduces judgment
- Poor concentration increases error
- Always follow safe systems of work

SUPERVISOR CHECKLIST – DAILY ACTIONS

- Check the weather and UV forecast before work starts.
- Assess heat and sun risk for the day's work.
- Plan work to minimise exposure (shade, timing, workload).
- Ensure water stations are available and accessible.
- Check the team have the right PPE and sun protection.
- Remind the team to drink water regularly.
- Encourage breaks in the shade or rest areas.
- Look for signs of heat stress and dehydration.
- Adjust the plan if conditions change.
- Have an emergency plan and first aid support in place.

ASK YOURSELF

- Have I planned for the heat?
- Is my team hydrated and protected?
- Are we working safely at height?
- Am I looking out for everyone?

TALK TO YOUR TEAM

- Explain today's risks.
- Remind everyone of the plan.
- Encourage people to speak up.
- Ask how they are feeling.
- Look out for your mates.



A quick conversation could save a life.

KNOW THE SIGNS – ACT EARLY

DEHYDRATION

- Thirst
- Dry mouth
- Dark yellow urine
- Headache
- Tiredness
- Dizziness or light-headedness



HEAT EXHAUSTION

- Heavy sweating
- Pale, clammy skin
- Headache
- Nausea
- Muscle cramps
- Tiredness
- Dizziness



HEAT STROKE (MEDICAL EMERGENCY)

- High body temperature
- Hot, flushed skin
- No sweating
- Confusion or disorientation
- Slurred speech
- Loss of consciousness



ACT IMMEDIATELY: Move to shade, remove excess clothing, drink water if conscious and cool down. CALL 999 / 000 – heat stroke is a medical emergency.

KEY CONTROLS

- KEY PROTECTION**
Sunscreen, long sleeves, hat/helmet shade, sunglasses.
- HYDRATION**
2–3 litres of water per day. Small, regular sips.
- BREAKS & SHADE**
Take regular breaks in shaded or cool areas.
- SAFE SYSTEMS**
Follow safe systems of work at all times.

PLAN SMART – WORK SMART

- Schedule heavy work for cooler times of the day.
- Rotate tasks to reduce heat build-up.
- Check in regularly with the team.
- Be ready to stop or change work if conditions become unsafe.

SITE REMINDERS

- Water stations available and topped up.
- Shade areas and rest breaks provided.
- Appropriate clothing, hat and sunscreen used.
- PPE worn correctly.
- Housekeeping and access/egress routes clear.
- Everyone knows what to do in an emergency.



WATER. REST. SHADE. REPEAT.

FURTHER SUPPORT AND ADVICE

- PHYSICAL WELLBEING**
For practical advice on healthy eating, hydration, sleep and general health:
NHS Live Well
www.nhs.uk/live-well



MENTAL WELLBEING

Confidential support for construction workers and their families:
Lighthouse Charity
0345 605 1956 (24/7 Helpline)
Text HARDHAT to 85258
www.lighthouseclub.org



SUPERVISOR REMINDER

- ✓ Lead by example.
- ✓ Encourage and enforce sun protection.
- ✓ Make sun safety part of daily briefings.
- ✓ Provide shade, water and rest breaks where possible.
- ✓ Look out for signs of heat stress.

DOWNLOAD FULL GUIDANCE



Visit our website for tools, guidance and resources, including the full Sun Safety Guidance (PDF).