

Be sun safe *this summer*



SITESAFE
Te Kaitiaki o Haumarū

Slip, slop, slap, wrap and hydrate



Slap on a hat

Use a hard hat with a brim and neck flap.



Wrap on tinted safety glasses

Wear close-fitting, wrap-around glasses.



Slop sunscreen on exposed skin

Use SPF30+ sunscreen.



Slip on sun-protective clothing

Wear UV-rated clothing.



Slip into shade

Reduce your sun exposure by taking regular breaks in the shade.



Hydrate with water

Drink plenty of water throughout the day.

