



VOLUNTEER MARINE RESCUE WHITSUNDAY

Module :Sunburn/Dehydration
Type: SOP
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STANDARD OPERATING PROCEDURES (SOP) SUNBURN AND DEHYDRATION

1. Introduction

This SOP describes the procedures prevent Sunburn and Dehydration on VMR1.
It is the responsibility of every crew member to follow this procedure.

2. Reference

VMR Training – Risk Assessment. 23 July 2017.

3. Detailed Procedure

As we spend quite some time exposed to the elements it is possible for crew members to be affected by Sunburn and Dehydration.
To prevent this keep in the shade when possible.
Wear PPE, Hat and Suitable clothing.
Use Sun Cream.
Maintain Hydration.

4. Summary

If we all follow these guidelines we will be less likely to have problems/injuries with Sunburn and Dehydration on VMR1.

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President

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