



# SUN SAFETY

Today's Date: \_\_\_\_\_

Disclaimer: This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. However, it is to be used for reference purposes only and is not intended to cover all aspects of the topic presented.

## July is UV Safety Month and a good time to get up-to-date on the latest information to make sure you're working safely in the sun.

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. The sun's UV rays can damage your skin in as little as 15 minutes. Put on sunscreen before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. UV damage can also cause wrinkles and blotchy skin and damage to your eyes.

**How sunscreen works.** Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or ask a doctor.

**SPF** - Sunscreens are assigned a Sun Protection Factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a sunscreen with at least SPF 15.

**Reapplication** - Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after you swim or do things that make you sweat.

**Expiration Date** - Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

**Cosmetics** - Some make-up and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

### You can take these steps to help prevent skin cancer:

- Plan your work to limit sun exposure between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher with UVA and UVB protection. It should be applied at least 20 minutes prior to being exposed to the sun and reapplied every two hours. An SPF of 15 filters out approximately 95 percent of the sun's ultraviolet rays. An SPF of 30 is slightly better but offers only about three percent more protection.
- Cover up with long sleeves and a hat. Wear protective clothing, including a long-sleeve shirt, pants and a hat with a wide brim to shade the face, head, ears and neck.
- Wear sunglasses that block 100 percent of UVA and UVB rays to protect the eyes. Exposure to bright sunlight may increase the risk of developing cataracts, age-related macular degeneration and growths on the eye, including cancer.

**Attended By:**