



SUN SAFETY

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts and skin cancer.

There are no safe UV rays or safe suntans.

It is important to be careful in the sun especially for individuals who burn easily and spend a lot of time outdoors.

COVER UP IN THE SUN!

Shade

You can reduce your risk of sun damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun.

Clothing

If possible, wearing long-sleeved shirts and long pants or skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. Wet clothing offer less UV protection than dry.

Sunscreen

Use a sunscreen with sun protection factor (SPF) of at least 30.

Hat

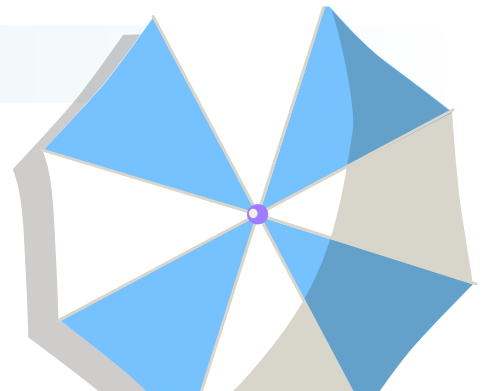
Hats with a brim all the way around that shades your face, ears and back of neck offer the most protection. A tightly woven fabric will protect the best.

Sunglasses

Sunglasses protect your eyes from UV rays, reduce the risk of cataracts and protect the skin around your eyes from sun exposure. Look for sunglasses that block UVA and UVB rays to receive the most protection.

Limit Exposure

UV Rays are the most intense between 10am and 4pm.



SUNSCREEN TIPS!

Broad-Spectrum Protection

These sunscreens protect against both UVA and UVB rays. All sunscreens protect against UVB rays, the main cause of sunburn. UVA rays also contribute to skin cancer and premature aging.

Sun Protection Factor (SPF) of at least 30

The SPF number is the level of protection the sunscreen provides against UVB rays. Higher SPF numbers do mean more protection, but the higher you go, the smaller the difference becomes.

“Water Resistant” Does Not Mean “Waterproof”

No sunscreens are “waterproof” or “sweat-proof.” Products that are labeled “water-resistant” must specify whether it lasts for 40 or 80 minutes while swimming or sweating. It is best to reapply sunscreen every 2 hours or more often if swimming or sweating.

Check the Expiration Date:

Most sunscreens last for 2 to 3 years but may not work as well if exposed to heat for long periods of time.

Taking Precautions in the Heat

The combination of heat and humidity can be a serious health threat. Individuals who work outside or in high heat environments, may be at increased risk for heat related illnesses.

- ▶ Drink small amounts of water frequently
- ▶ Wear light-colored, loose-fitting, breathable clothing
- ▶ Take frequent short breaks in cool shade
- ▶ Eat smaller meals before work activity
- ▶ Avoid caffeine and alcohol or large amounts of sugar
- ▶ Work in the shade if possible
- ▶ Find out from your health care provider if medications and heat don't mix
- ▶ Know that equipment such as respirators and work suits can increase heat stress

Source: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
<http://www.americanskin.org/resource/safety.php>

My Health Onsite Adheres to All HIPAA & Confidentiality Regulations
© 2022 My Health Onsite | All Rights Reserved.



REV070122