

Basic Sun Safety Manual Insert

Warm weather brings the threat of heat stress, which can be dangerous. Also, over-exposure to the sun's UV rays can cause eye damage, sunburn, and skin cancer. Here are some strategies for preventing heat stress and sunburn:

- Wear loose, light-colored clothing and wide-brimmed hats. Long sleeves provide more sun protection than short sleeves.
- Wear sunglasses with 99-100% UV protection to protect your eyes.
- Wear sunscreen with an SPF of 30 or more.
- Avoid alcoholic and caffeinated beverages.
- Drink lots of water and fruit juices, one cup of liquid every 15 to 20 minutes.
- Wipe your face, neck, and arms with a cold, wet cloth.
- Rotate personnel and alternate job functions. Minimize stress and over-exertion at one task.
- Perform strenuous work during the cooler hours of the day when possible.
- Use sheltered or shaded areas during rest periods.

Dizziness, headaches, nausea and pale, cool skin can be signs of health exhaustion. Reddening or blistering skin can be a sign of sunburn. Seek medical attention when needed. Removal from the hot environment and replacement of liquids is necessary for preventing more serious conditions.

