



2015 101 CRITICAL DAYS OF SUMMER TRAINING RESOURCES



Each topic below contains documents that will assist you in completing Task 2 and 3 on the 2015 101 Critical Days of Summer Safety Stand-down worksheet. Click on each subject to print and share with your co-workers.



Click below for file

Too Much Sun Hurts
Did you know that just a few serious sunburns can increase your child's risk of skin cancer later in life? Kids don't have to be at the pool, beach or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Choose Your Cover
www.cdc.gov/chooseyourcover

Play it Safe in the Sun
A guide for parents

Choose Your Cover

CDC Publication #10-16168 Printed June 1999, Revised June 2010

MCLB ALBANY SAFETYGRAM

Protection From The Sun's UV Rays

Facts About Sun Exposure

The sun's rays are the most dangerous, but often overlooked, hazard to your health. They can cause skin cancer, premature aging, and sunburn. Sunburn is a sign of skin damage and can lead to skin cancer. Sunburn is also a sign of skin damage and can lead to skin cancer.

UV Level Protection Measures

Exposure Category	Index Number	Sun Protection Messages
LOW	<2	You can safely enjoy being outside. Wear sunglasses on bright days. If you have eyes, nose, or ear pain, wear eye protection.
MODERATE	3-5	Take precautions if you will be outside, such as wearing a hat and sunglasses and using sunscreen (SPF 15+). Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
HIGH	6-7	Protection against sun damage is needed. Wear a wide-brimmed hat and sunglasses, use sunscreen (SPF 15+), and wear a long-sleeved shirt and pants when practical. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
VERY HIGH	8-10	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunglasses are a must, and be sure you wear shade. Neighbors should know the white and other light-colored reflect UV and can provide UV protection.
EXTREME	11-4	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunglasses are a must, and be sure you wear shade. Neighbors should know the white and other light-colored reflect UV and can provide UV protection.

SPF: Sun Protection Factor

Check the UV Index before you spend the day in the sun.

Click on the icon to check the UV Index in your area.

UV Index

Low (0-2)
Moderate (3-5)
High (6-7)
Very High (8-10)
Extreme (11+)

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