

MCLB ALBANY SAFETYGRAM

HEAT INJURY PREVENTION / UV SAFETY

Heat, Sun & UV Safety Tip

The sun is an important part of our lives. Sunny days have a positive impact on our mood, increase our level of physical activity, and benefit our health by providing our bodies with essential vitamin D. Unfortunately, sun exposure also presents risk factors that can lead to skin or eye damage, and even skin cancer. Skin cancer is the most common of all cancer types. Most skin cancers are caused by too much exposure to the sun's ultraviolet (UV) rays. Prevention and early detection are the best ways to keep your skin healthy.



1. Get UV-A and UV-B protection /

Select a sunscreen that contains zinc oxide or titanium dioxide. These ingredients help to block both UV-A and UV-B rays.

2. Choose SPF 30 or higher /

Use a sunscreen with SPF (Sun Protection Factor) 30 or higher.

3. Apply sunscreen early and often /

Apply sunscreen 30 minutes before going outside. Apply one ounce to every area of exposed skin. Include your lips, ears, feet and back of the neck.

4. Reapply sunscreen every two hours /

Reapply sunscreen every 60 to 90 minutes when using a spray sunscreen (it washes off more easily) or when you're swimming or sweating.

5. Be selective of sunscreen ingredients / Ingredients to Avoid:

- **Oxybenzone** (benzophenon-3) - found in 52% of sunscreens
- **Octyl methoxycinnamate** (OMC) - found in 29% of sunscreens

Ingredients to Choose:

- **Zinc oxide** – found in 36% of sunscreens
- **Titanium dioxide** – found in 23% of sunscreens
- **Avobezone** – found in 49% of sunscreens



6. Don't rely on sunscreens alone /

- Wear a tightly woven hat with a wide brim and sunglasses with UV protection that cover your face.
- Wear long sleeve shirts or pants made from cool, breathable materials like cotton and linen.
- Avoid prolonged sun exposure in the sun from 10 a.m. to 4 p.m. when the sun's harmful UV rays are strongest.

7. Summer skin savers /

Sometimes accidents happen and we get a burn. Here are some natural remedies to take away the sting:

- **Aloe vera:** antioxidant and anti-inflammatory properties soothe and cool burned skin. Fresh from the plant is best, if possible.
- **Apple cider vinegar:** helps balance the pH of sunburned skin, reduces blistering, and promotes healing.
- **Cold shower:** the tried and true method of aspirin and a cold shower can work wonders.

For more information on sun exposure risk factors that can lead to skin damage and skin cancer click on: http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm



Risk Management 639-5249
Prepared by Johnny Little

Jun 15

