UV EXPOSURE

With the summer months in full swing, all employees are exposed to UV for longer periods of time. It is very important to understand the effects of UV exposure and to take proper care to protect yourself and your fellow workers.

There are two types of UV rays to keep in mind: UVA and UVB. When purchasing sunscreen, make sure that you are guarded against both types. UV exposure is typically highest between the hours of 10 AM and 4 PM.

UV exposure can increase the risk of skin cancers. It is very important to protect yourself from these hazards. The use of sunscreen is heavily advised for those employees working in full sun locations. Care should always be taken to avoid prolonged UV exposure.

When applying sunscreen, take care to cover sensitive areas like the nose, ears, and any exposed skin. A sunscreen with a minimum of 15 SPF is recommended, but a higher SPF should always be considered. Use shaded break areas.

Wear appropriate clothing for the activity! Cover up with hats, tightly woven clothing, and sunglasses.

Remember, the company and your family are counting on you!

First Aid for Sunburns:
• For pain: aspirin, acetaminophen, or ibuprofen
• Take a cool bath or apply cool cloths to the affected area(s)
• Use a topical moisturizing cream, aloe, or 1% hydrocortisone cream to soothe the burn

See it, own it!