



July 29, 2016

## Sun Safety

Most activities in the summer take place outdoors, where the sun's rays are blazing. It's nice to spend time outside when the weather is warm, but it is important to educate yourself on the sun's health hazards. The following facts will help you learn how to stay safe and healthy this summer.

### How to Prevent Heat Exhaustion and Stroke

- Stay in the coolest area possible, preferably a building with air conditioning. If you have to be outdoors, it is best to stay in the shade.
- Stay hydrated by drinking plenty of water (at least a half gallon each day). Avoid drinking alcohol, as this can dehydrate you.
- Dress in loose, lightweight clothing.
- Take extra precaution if you have a condition or take medications that make you more susceptible to overheating.
- Never stay in a parked car for an extended period of time, and never leave children in a parked car.
- Avoid strenuous physical labor by pacing yourself and taking breaks when you need them.

### Resources

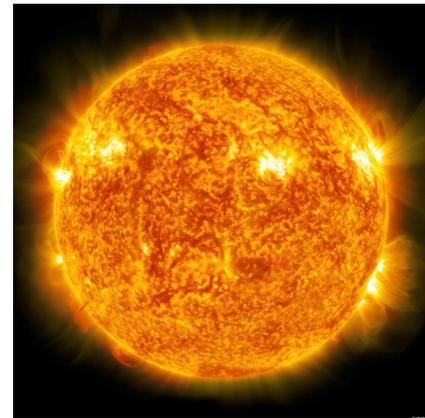
[Heat Exhaustion Prevention](#)

[Heat Stroke Prevention](#)

[EHS Heat Awareness Newsletter](#)

[Sunscreen FAQs](#)

[How Long to Stay In the Sun](#)



- Always use a sunscreen that has the following properties:
  - ◇ SPF 30 or higher
  - ◇ Protects against both UVA and UVB rays
  - ◇ Water resistant
- UVA and UVB rays are strongest between 10am and 2pm, so try to seek shade whenever possible between these hours.
- Be aware how long it is safe for you to stay in the sun, based on your skin type and the weather in your location.

Created by R. Benjamin

**Don't learn safety by accident**