



## Action Steps for Sun Safety

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression.

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than 3.5 million new cases of skin cancer are diagnosed annually. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure.

- Do Not Burn-Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.
- Generously Apply Sunscreen-About one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 30 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days and after swimming or sweating.
- Wear Protective Clothing-Examples include a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible and practical.
- Seek Shade-Remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.
- Check the UV Index-The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. Simply by listening to your local weather or checking online you can be informed about the UV rating for that day.
- Get Vitamin D Safely-You can get it through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun or tanning beds.
- Protect your Eyes-Wear sunglasses that block 99-100% of UV radiation. Sunglasses that provide 99%-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage.

**For safety education for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or [Sharon.Rateike@forthc.com](mailto:Sharon.Rateike@forthc.com).**

