

# SUN AND HEAT EXPOSURE

During late spring and summer many people like to spend time outside in the sun for fun or work. But overexposure to the sun can damage the skin and could cause skin cancer. Heat stroke, heat exhaustion, heat cramps and heat rash are possible when your become overexerted in the heat. Put your health first in order to enjoy the summer.

- Wear a wide-brimmed hat to keep your head and face cool. This will also provide added protection from damaging sun exposure. Baseball caps provide little protection except to the face. A hat should protect the neck, face and ears.
- Wear a long-sleeved shirt at all times. It should be light colored and loose fitting except when working around machinery.
- Carry a source of water with you. Take drinks frequently — every 15 minutes.
- Take frequent breaks in the shade or in a cool environment during the hottest times of the day.
- Adjust gradually to working in the heat over a period of 10-20 days.
- Someone suffering from heat exhaustion or heat stroke should be moved to a cool environment, offered sips of water, if conscious, and provided with attention from emergency medical personnel.
- Wear sunscreen that has an SPF of at least 15. Make sure children are also adequately protected.

## Inspection

Is fresh water available?

Is sunscreen with an SPF of at least 15 on hand?

Is protective clothing available and being worn?

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