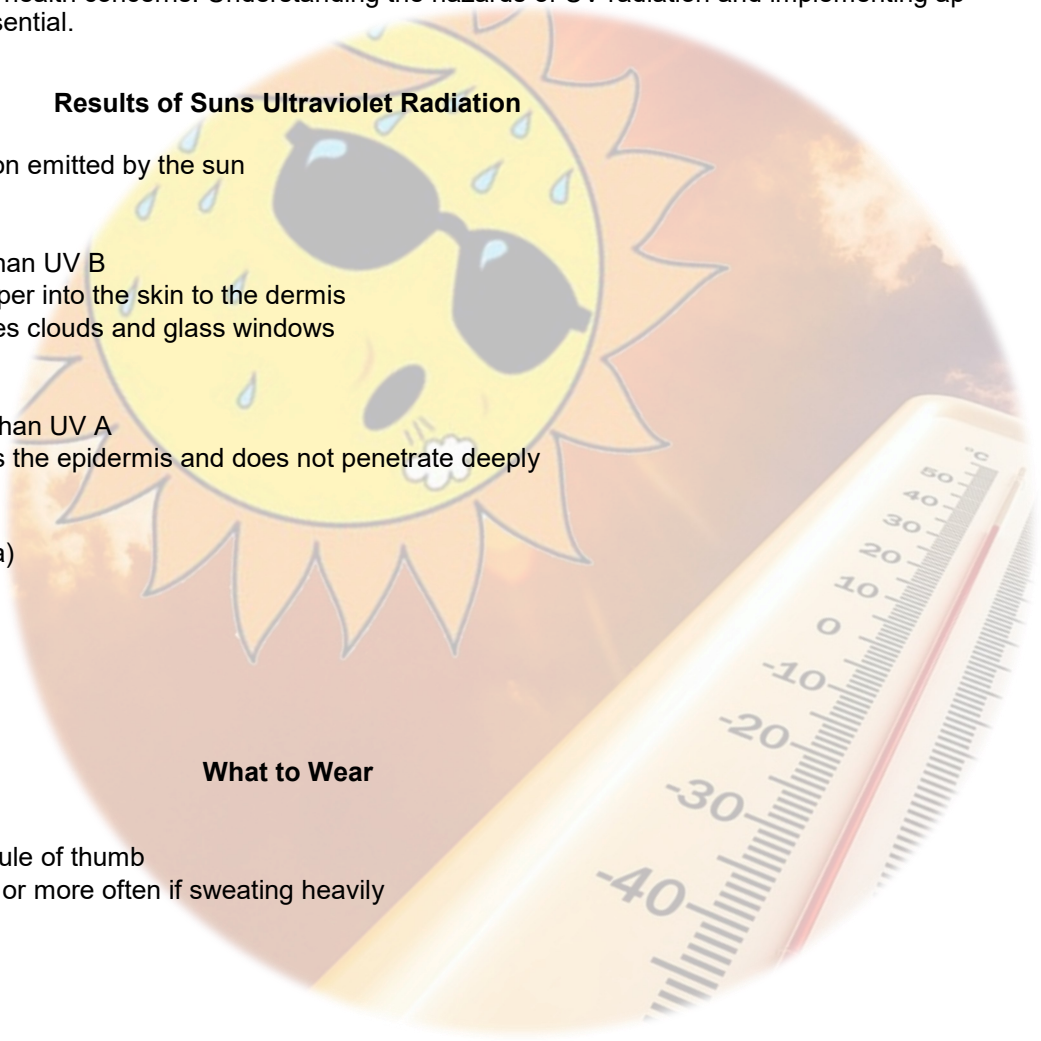
FS/HAAF GARRISON SAFETY OFFICE

Outsmart the Darkness: Your Weekly Safety Spotlight"

Sun Exposure

Prolonged sun exposure presents a significant health and safety risk for employees working outdoors, potentially leading to skin damage and other long-term health concerns. Understanding the hazards of UV radiation and implementing appropriate protective measures is essential.



Results of Suns Ultraviolet Radiation

What is UV Radiation?

- Electromagnetic radiation emitted by the sun
- UV A
  - "The Ager"
  - Lower energy than UV B
  - Penetrates deeper into the skin to the dermis
  - Easily penetrates clouds and glass windows
- UV B
  - "The Burner"
  - Higher energy than UV A
  - Primarily affects the epidermis and does not penetrate deeply

Skin

- Sunburn
- Skin Cancer (Melanoma)

Eyes

- Cataracts

What to Wear

Sunscreen

- SPF 15 minimum as a rule of thumb
- Re-apply every 2 hours or more often if sweating heavily

Protective Clothing

- Wide-brimmed hat
- Sunglasses
- Long sleeves
- Neckerchief

Things to think about

Even on Hazy/Overcast Days

- Up to 80% of UV rays can penetrate clouds

Schedule Work Wisely

- Hazards of Solar Radiation Exposure increase towards the middle of the day when the sun is directly overhead
- If possible, schedule outdoor tasks during cooler parts of the day (early morning or late afternoon)

Medications and Cosmetics

- Photosensitivity
- Antibiotics (Doxycycline/Tetracycline), NSAIDs (Naproxen, Ibuprofen), Antidepressants (Amitriptyline, SSRIs)
- Anti-aging products may contain Retinoids which will increase sun sensitivity