

Outdoor Safety

Ultraviolet Radiation

Why Protect Against Exposure

There are three bands of UV radiation emitted by the sun: UV-A, UV-B, & UV-C. Radiation emitted by the sun is typically strongest from 10 AM to 4 PM, and stronger during the summer months than other times of the year. Too much exposure to UV radiation can lead to the following damage to the body:

Eyes

Cataracts
Solar Retinitis
Cystoid Macular Edema
Senile Macular Degeneration
Snow Blindness

Skin

Sunburn (erythema)
Skin cancer
Skin aging & wrinkles
Photosensitization

Immune System

Depressed local & systemic immune response

Most UVB, & all UVC waves are completely absorbed by the earth's atmosphere

Protect Yourself

There are at least five ways to protect yourself from UV radiation emitted by the sun

The first method of protecting yourself is to:

- 1. Seek the shade**



Protect Yourself

The second protective measure is to:

2. Cover up with

- **Full brim hat** (avoid hats that have holes that allow sunlight through)
- **Long sleeve shirt designed for sun protection & heat dissipation**
- **Pants or long shorts**
- **Socks & shoes** (or equivalent)



Protect Yourself

The third protective measure is to:

3. Wear Sunglasses

The sunglasses need to provide 99% to 100% UV-A and UV-B protection



Protect Yourself

The fourth protective measure is to:

4. Use sunscreen \geq SPF 15

Apply & use as directed by
the manufacturer



Protect Yourself

The fifth protective measure is to:

- 5. Stay indoors between 10 AM and 4 PM**

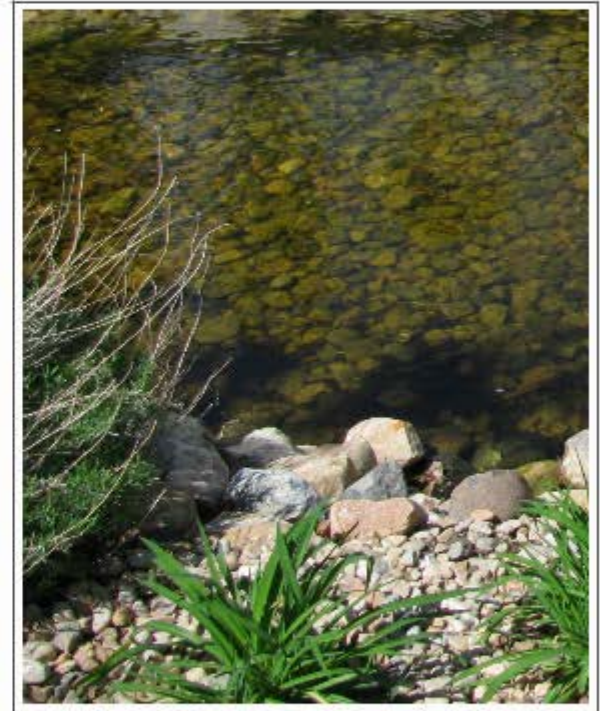


Keep in Mind

Your exposure to UV can be increased as sunlight reflects off of:

- Water
- Sand
- Snow
- Concrete
- Other reflective surfaces

Note: cloudy skies can provide a false sense of protection. Up to 80% of the sun's rays can pass through clouds

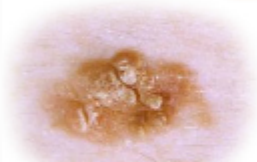


Preventive Measure

-Periodically check your skin for cancer-

Basal Cell Cancer

Most common type

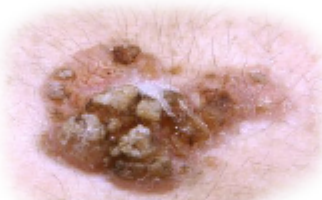


Center for Disease Control

Often appears as small raised bump with pearly appearance; or

May look like a scar, lesion, or sore that does not heal

Squamous Cell Cancer



Center for Disease Control

Often appears as firm raised bump

Sometimes it may feel scaly, bleed, or develop a crust

May spread throughout body if not treated

Melanoma



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The most serious type of skin cancer, but less prevalent . Causes 79% of skin cancer deaths. Can spread throughout body

Dark brown or black patch with irregular borders

Linked to a change with your moles

See a doctor if you think you have developed skin cancer

-End-