



SAFETY & HEALTH

STAY SAFE

IN THE SUN THIS SUMMER

You and your employees face two common health risks during the summer months - heat stress and skin cancer. Here are some tips to share to help you, your employees and their families avoid these dangers whether at work or enjoying the outdoors in their leisure time.

HEAT STRESS

Heat stress is a build-up of body heat and can result in heat stress or heat exhaustion. As the heat increases, body temperature and heart rate increase painlessly. An increase of body temperature by two degrees Fahrenheit can affect mental functioning. A five degree increase can result in serious illness or death.

Heat stroke is the most serious condition associated with heat stress. The symptoms are confusion, irrational behavior, convulsions and death. The signs of heat stroke are a very high body temperature and dry hot skin.

Heat exhaustion is serious too and is exhibited by moist clammy skin and normal or

subnormal body temperature.

Key elements for preventing heat stress:

1. Drink one glass of water every 15 to 30 minutes of exertion in the heat - depending on heat and humidity.
2. Read medication labels to know how they will cause the body to react to sun and heat.
3. Avoid alcohol as it can increase the effects of heat.
4. Take breaks to cool down whether working or playing in the heat.

SKIN CANCER

Sun exposure at any age can cause skin cancer. Sunlight contains ultraviolet (UV) radiation which causes premature aging of the skin, cataracts and skin cancer. There is no such thing as safe UV rays or a safe suntan.

- Limit exposure - avoid the sun during the heat of the day if possible.

Source: Safety Currents Express

The most effective safety technique is to block out the UV rays:

- Cover up - wear tightly-woven clothing that blocks out light.
- Use sunscreen with a SPF of at least 15 and that blocks both UVA and UVB rays
- Wear a hat to protect neck, ears, face and scalp.
- Wear sunglasses that block UVA and UVB rays.



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