

Summer Sun Awareness

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Corporate
Fitness
Works

Overview:

- Staying Aware of Damages Caused By the Sun
- Steps To Stay Safe During the Summer
- Choosing the Right Sunscreen
- Choosing the Proper Protective Wear





Damages Caused by the Sun:

- While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn.
- Too much exposure can cause eye damage and premature wrinkles.
- It can also lead to more serious health problems, including skin cancer and immune system suppression.
- More than 3.5 million new cases of skin cancer are diagnosed annually.

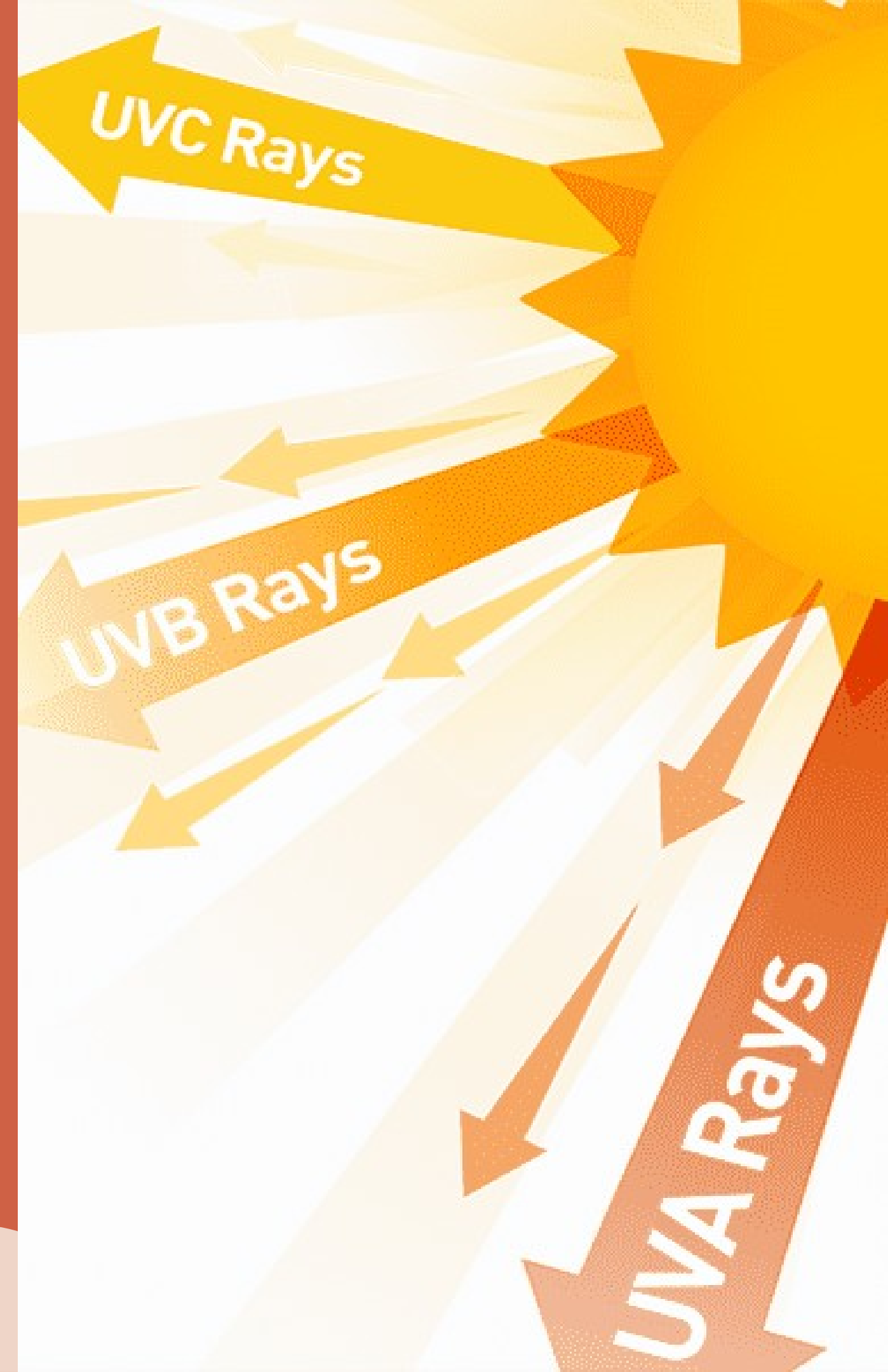
What Is UV Radiation?

UV radiation is part of the natural energy produced by the sun.

On the electromagnetic spectrum, UV light has shorter wavelengths than visible light, so your eyes can't see UV, but your skin can feel it.

3 Types of UV Light

- Ultraviolet A (UVA): has a longer wavelength, and is associated with skin aging.
- Ultraviolet B (UVB): has a shorter wavelength and is associated with skin burning.
- Ultraviolet C (UVC): is blocked by the ozone layer.



Steps To Stay Safe During the Summer

- Seek shade. Limit your direct exposure to the sun, especially between 10:00am and 4:00pm, when UV rays are strongest.
- Cover up. When you are out, wear clothing and a wide-brimmed hat to protect as much of your skin as possible. Protect your eyes with wrap-around sunglasses that block at least 99% of UV light.
- Use a broad-spectrum sunscreen with an SPF of at least 30. Reapply at least every 2 hours, as well as after swimming or sweating.
- Avoid tanning beds and sunlamps. Both of these can cause serious long-term skin damage and contribute to skin cancer.

Steps To Stay Safe During the Summer

UV INDEX	RATINGS
11 OR HIGHER	EXTREME
8 TO 10	VERY HIGH
6 TO 7	HIGH
3 TO 5	MODERATE
2 OR LESS	LOW

- Check the UV Index, as it 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.
- Use extra caution near water, snow and sand. These reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek out the sun.

What To Look For When Choosing the Right Sunscreen

- Choose a sunscreen with “broad-spectrum” protection. These sunscreens protect against both UVA and UVB rays. All sunscreen products protect against UVB rays, the main cause of sunburn. But UVA rays also contribute to skin cancer and premature aging.
- Choose a sunscreen with a sun protection factor (SPF) of at least 30. The SPF number is the level of protection the sunscreen provides against UVB rays. Higher SPF numbers do mean more protection, but the higher you go, the smaller the difference becomes.
- Water resistant and very water resistant, for swimming or intense exercise. No sunscreen is waterproof; they all eventually wash off. Sunscreens labeled water resistant are tested to be effective for up to 40 minutes of swimming, while very water resistant sunscreens stay effective for up to 80 minutes in the water.
- Check the **expiration date** before using a sunscreen. Most sunscreens are good for at least two to three years. Sunscreens that have been exposed to heat for long periods, if they were kept in the car all summer for example, may not work as well.

What is Proper Protective Wear?

- Clothing, sunglasses and hats are among the simplest and most effective ways to guard your skin from the sun's harmful rays. They provide a physical block between your skin and the sunlight. Unlike sunscreen, you won't have to worry about reapplying!
- The American Society for Testing and Materials developed standards for labeling garments as sun protective. A UPF of 30 or higher is necessary for the product to be given the [Skin Cancer Foundation's](#) seal of recommendation. UPF ratings break down as follows:
 - Good: indicates clothes with a UPF of 15 to 24
 - Very good: indicates clothes with a UPF of 25 to 39
 - Excellent: indicates clothes with a UPF of 40 to 50

What Is Proper Protective Wear?

- To protect your eyes, look for sunglasses that:
 - Block 99% to 100% of both UVA and UVB rays
 - Screen out 75% to 90% of visible light
 - Have lenses that are perfectly matched in color and free of distortions and imperfections
 - Have lenses that are gray for proper color recognition



Summary:

- Too much sun light can lead to sunburn, eye damage, and skin cancer.
- There are three different Type of UV radiation:
UVA, UVB, UVC
- Seek shade between 10:00am-4:00pm, use a broad-spectrum sunscreen with an SPF of at least 30.
- Clothing, sunglasses and hats are among the simplest and most effective ways to guard your skin from the sun's harmful rays.

Sources:

- <https://www.skincancer.org/skin-cancer-prevention/sun-protection/sunscreen/>
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/uv-protection/faq-20058021>
- https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- <https://www.cancer.org/latest-news/stay-sun-safe-this-summer.html>
- https://www.cdc.gov/cancer/skin/basic_info/sun-safety-tips-families.htm



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