

Sun Health: Enjoy the Sun With Care

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Individuals love being out in the sun and it would be most impractical to avoid the sun entirely. Below are steps to help protect your skin from ultra violet (UV) sun rays and reduce the risk of skin cancer. The steps complement each other and may provide protection when used together.

Cover Up: Wear long sleeved shirts, long pants, or long skirts. Dark colors generally provide more protection than light colors, and dry fabric is generally more protective than wet fabric. Remember, if you can see light through a fabric, UV rays can get through too.

Use Sunscreen: For daily protection against the sun's UV rays apply sun screen on your skin. Experts recommend that for all skin colors/types, the minimum sun protection factor (SPF) you should choose is 15 as the higher the number the more protection you will receive. Always follow instructions on how to apply sunscreen properly. Remember, sunscreen provides protection but not total protection.

Wear a Hat or Cap: Wear a hat with at least a 2 to 3 inch brim all around to help protect areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose, and scalp. Another tip is to wear a shade cap that drapes down the sides and back.

Wear Sun Glasses: Long hours in the sun without protecting your eyes increase your chances of developing eye disease according to research. Wear UV blocking sunglasses to help protect your eyes from sun damage. The ideal sunglasses should block 99 to 100 percent UVA and UVB radiation. Large-framed and wraparound sunglasses helps protect your eyes from light at different angles. For children, toy sunglasses are not recommended.

Limit Direct Sun Exposure during Mid-day: To limit exposure to UV light, avoid being outdoors in sunlight too long. UV rays are most intense during the middle of the day, usually between the hours of 10:00 a.m. to 4:00 p.m. and UV rays reach the ground throughout the year.

Avoid Tanning Beds and Sunlamps: Tanning lamps give out UVA and UVB rays, and both can cause long- term skin damage and contribute to skin cancer. This is why health experts advise individuals to avoid sunlamps and tanning beds.

Protect Children from the Sun: Children tend to spend a lot of time outside. Parents should ensure they help protect children from excessive sun exposure. For babies, the use of hats and protective clothing promotes good sun health. Remember, toy sunglasses are not recommended.

Sun Safety IQ: To test your Sun Safety IQ go to the website:

www.cancer.org/docroot/PED/content/ped_7_1x_Take_the_Sun_Safety_Quiz.asp

For detailed information pertaining to this follow this link:

http://www.cancer.org/docroot/ped/ped_0.asp