

UV Safety Fact Sheet



Ultraviolet (UV) Radiation is the hazardous waves of energy produced by sunlight. Sunlight can be exciting and fun-as there is so much to do outside when the weather get warm, but if you forget to protect yourself, it can result in pain or even life threatening risks long-term. Acute overexposure to UV radiation can cause skin burn, but chronic overexposure can lead to skin cancer, eye damage and even affect our immune system. Young children are more easily burned due to the sensitivity in their skin.

Fact: Protecting the skin during the first 18 years of life is likely to reduce the risk of cancer by more than 50%.

Fact: Clouds are misleading: On cloudy days, you can still get sunburn. UV radiation can penetrate clouds, mist, and fog.

Fact: You don't have to feel hot to get sunburn; the sun in winter can lead to sunburn directly or via reflection from snow or water. Be careful to protect eyes and skin.

 **Cover Up.** Wear loose fitting clothing, long-sleeved shirts and long pants to prevent sun burn.

 **Use sunscreen** with a **sun protection factor (SPF) of at least 15.** Follow application directions on the tube or container.

 **Wear a hat!** The brim of a hat can keep the sun from your face, neck and shoulders. Baseball caps will have little coverage, but a wide-brimmed hat can cover more area.

 **Wear UV-absorbent sunglasses.** The sunglasses will be labeled with protection ratings on the product tag or lens' themselves.

 **Limit your exposure.** UV rays are most intense between 11:00 AM – 4:00 PM during the day.

PREVENTION TIPS

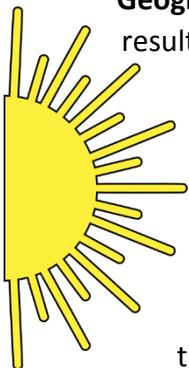
Geographical: Closer to the equator will result in greater UV intensity and levels.

Altitude: The higher the altitude, the closer to the sun = the higher the intensity of UV rays.

Setting: Open wide spaces are going to have a higher opportunity of UV risk than an area with trees or plenty shade.

Medications: Know what you are putting in the body. Certain medications can increase the sensitivity in the skin, which could cause easier sunburn. If you are unsure or cautious, call your physician.

OTHER RISK FACTORS



You do not need be afraid of the outdoors or sun. Wear proper eye and skin protection and enjoy the weather! Preparation is the key in prevention!

Developed by Department of Risk Management & Safety Services at Humboldt State University. Please contact us at ehs@humboldt.edu for questions or more information, or stop by and visit us at Student Business Services Building (SBS) room 311.