

Sun Safety Guidelines



The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours.



Staying under cover is a good way to protect yourself from the sun. Remember the shadow rule: Watch Your Shadow. No Shadow, Seek Shade!



Apply a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher and use a lot wherever your skin is showing. Reapply every 2 hours when working or playing outdoors. Even waterproof sunscreen can come off when you towel off, sweat, or spend extended periods of time in the water



A hat with a wide brim offers good sun protection to your eyes, ears, face, and the back of your neck - areas particularly prone to overexposure to the sun.



Wearing tightly woven, loose-fitting, and full-length clothing is a good way to protect your skin from the sun's UV rays.



Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.



The light source from sunbeds and sunlamps damages the skin and unprotected eyes. It's a good idea to avoid artificial sources of UV light



The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. Developed by the National Weather Service (NWS) and EPA, the UV Index is issued daily in selected cities across the United States.

Useful Links:

<http://www.epa.gov/sunwise/index.html>

UV Index: <http://www.epa.gov/sunwise/uvindex.html>

Eye Health: <http://130.94.235.115/safety/UVFAQ.html>