



**Sun Protection
Month**

eSafetyLine

How to Prevent Sunburn

Since the sun is known to be the number one cause of all skin cancer types, the best way to prevent skin cancer is to stay out of the sun. This is unfortunately not a possibility for those working in the construction industry, since most of their time at work is spent outside. The Skin Cancer Foundation developed some common sense tips to help decrease a construction worker's risk of developing skin cancer.

- Seek shade whenever possible, especially between 10 am and 4 pm. This is the majority of the work day and it isn't always feasible but it is good to keep in mind and to try to stay out of the sun as much as possible during these hours.
- Avoid booths. Some will go to a tanning booth early in the season to develop a "base". We now know that this really doesn't help avoid developing skin cancer and can actually increase a person's chance of getting skin cancer
- DO NOT BURN. Recent studies have shown that even a slight burn greatly increases the chance of developing skin cancer later in life.
- Use sunscreen with a SPF of AT LEAST 15 each and every day! This simple step greatly minimizes skin damage from the sun.
- Slather it on! Apply 1 ounce or 2 tablespoons of SPF 15 or greater sunscreen to the entire body 30 minutes before going outside. Sunscreen should be re-applied every 2 hours.

- Keep covered with clothing to keep the sun off the skin. This should include a broad-brimmed hat to keep the sun off the entire face and neck. Baseball caps are better than nothing but they only protect the forehead and front of the face.
- Examine your skin from top to bottom EVERY month. A thorough self-exam will help to spot any abnormality or change in the skin from one month to the next. This will help with an early diagnosis which can increase the likelihood of a full cure.
- See your doctor or dermatologist every year for a full body skin exam.

Sometimes these prevention tips can't be followed or just aren't enough to keep from getting burned, then what? The first thing to be done is to minimize the pain. Since sunburn actually cooks the proteins in the skin, a good first step is to soothe the skin by cooling it with a cloth soaked in cold skim milk. This will take out the initial heat and the protein in milk creates a film that helps to ease the pain that follows. A natural part of the healing process is for the skin to peel. If this happens slather on a non-greasy moisturizer to sooth the area. Most sunburns do not require a doctor's attention but remember that your body has been burned and as a result is probably dehydrated. Increasing the amount of water or juice drank would also be a good idea.

Discussion Questions

How much sunscreen should be applied and how often?

Why would a broad-brimmed hat be a better choice for sun protection than a baseball cap?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/_____

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
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EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date