

Ultra Violet Radiation

Outdoor Safety

Why Protect Against Exposure?

Ultraviolet radiation can damage the body and even lead to death. Radiation emitted by the sun is generally strongest from 10 AM to 4 PM year round, and is stronger in the summer than other seasons. There are two bands of ultraviolet radiation (UV-A & UV-B) emitted by the sun that cause adverse health effects in humans, such as:

Eye(s)

- Cataracts
- Solar Retinitis
- Cystoid Macular Edema
- Senile Macular Degeneration
- Snow Blindness

Skin

- Sunburn (erythema)
- Skin cancer
- Skin aging and wrinkles
- Photosensitization

Immune System

Depressed local and systemic immune response.

Protect Yourself

-Five ways to protect against exposure to UV radiation from the sun-

1st Protective Measure:

Seek the Shade

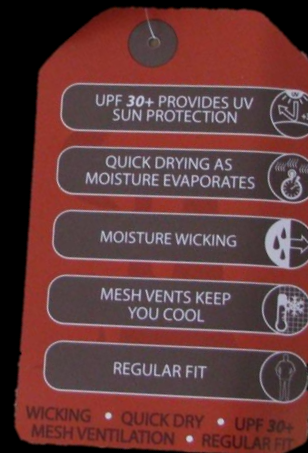


Protect Yourself

2nd Protective Measure:

Cover Up With

- A full brim hat (avoid hats with holes that allow sunlight through...e.g. straw hat)
- Long sleeve shirt designed for sun protection & to keep you cool
- Pants or longer shorts
- Socks & shoes (or equivalent coverage)



Protect Yourself

3rd Protective Measure:

Wear Sunglasses

That provide 99 to 100% UVA and UVB protection.



Protect Yourself

4th Protective Measure:

Use Sunscreen \geq SPF 15

Apply as directed by manufacturer.



Protect Yourself

5th Protective Measure:

**Stay indoors between
10 AM and 4 PM**



Keep in Mind

Your exposure to UV radiation can be increased as it reflects off of:

- Water
- Sand
- Snow
- Concrete
- Etc.



Cloudy skies can provide a false sense of protection. Up to 80% of the sun's rays can pass through clouds.

Preventive Measure

-Periodically check your skin for signs of cancer-

What to look for (3 types of skin cancer):

Basal Cell Cancer:

- Often appears as small raised bump with smooth pearly appearance; or
- May look like a scar, lesion, or sore that does not heal.

Most common type of skin cancer.

Squamous Cell Carcinoma:

- Often appears as a firm red bump.
- Sometimes it may feel scaly, bleed, or develop a crust.

May spread throughout the body if not treated.

Melanoma:

- Dark brown or black patch with irregular borders. (affects cells that give your skin color)
- Linked to a change with your moles.

The most serious type of skin cancer, but less prevalent. Causes 79% of skin cancer deaths. Can spread throughout the body.

See a doctor if you suspect that you have developed skin cancer.



-End-

