Outdoor Safety

Ultraviolet Radiation
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 three bands of ultraviolet radiation emitted by the sun, UV-A, UV-B, & UV-C, but almost all UV-C radiation is blocked by the earth’s atmosphere. Harmful effects of UV exposure include:

**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.
There are at least five ways to protect yourself from the sun’s ultraviolet radiation. The first method of protecting yourself is to:

1. Seek the shade
Protect Yourself

The second protective measure is to:

2. **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

The third protective measure is to:

3. Wear Sunglasses

The sunglasses need to provide 99% to 100% UVA and UVB protection.
Protect Yourself

The fourth protective measure is to:

4. Use Sunscreen > SPF 15

Apply and use as directed by the manufacturer.
Protect Yourself

The fifth protective measure is to:

5. 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.

And, 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-

This is what to look for with each of the three types of skin cancer:

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

**Most common type**

**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-