

**SPECIAL  
POINTS OF  
INTEREST:**

- UV Index
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# Hats ON for Safety

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## Protect the Skin You're In

With Summer in full swing, everyone's thoughts should turn to sun protection. Whether you have light or dark skin, blue or brown eyes, always sit in the shade or play and bask in the sun, you need to think protection. According to the FDA, the UV rays of the sun are the No. 1 culprit for causing skin cancers. To increase awareness of the damaging potential of UV radiation, the Environmental Protection Agency and the Na-

tional Weather service developed the Ultra-Violet (UV) Index. The UV index indicates the amount of UV rays reaching the

UV Index	
0-1: Minimal exposure level	■
3-4: Low exposure level	■
5-6: Moderate exposure level	■
7-8: High exposure level	■
9-10: Very high exposure level	■

Earth's surface during an hour around noon.

It is a good rule of thumb to guard against overexposure when you can see your shadow, but remember *up to 80% of UV*

*radiation can pass through clouds.*

Dermatologists recommend daily use of a sunscreen with an SPF of 15 or higher on all exposed areas.

If you think a white t-shirt will protect you, it won't. It has an SPF of 2. A wet white t-shirt offers an SPF of 0. The best thing—

avoid the sun, wear plenty of sunscreen with a high SPF factor.



### Protect Yourself From UV Exposure

- ▶ Wear a wide-brim hat to protect your eyes, ears, face and back of neck
- ▶ Wear sunglasses that block 99 to 100% of UV radiation (Check the label)
- ▶ Protect as much of your skin as possible with clothing
- ▶ Use sunscreen with an SPF of 15 or higher. Reapply every 2 hours and after swimming
- ▶ Avoid midday sun 10 AM—2 PM when rays are the strongest

### Skin Factor Facts

Skin cancer is the most common form of cancer in the United States. When

detected early, more than 95% of skin cancer can be cured. Malignant melanoma, the most rapidly

increasing form of cancer, causes more than 75% of all deaths from skin cancer. Diagnosed early it can be cured.

### The Right Clothes

Summer clothing offers minimal protection. A white t-shirt offers an SPF of 2, wet is 0. A green cotton T-shirt may have a protection of 10, while a long sleeved dark denim shirt has an SPF factor estimated at 1,700. (not your ordinary summer attire)

Several companies make shirts, pants, hats, etc from sun-protective fabrics. They are light weight, comfortable and breathe. Sun Precautions was the innovator with Solumbra line, which blocks more than 97% of UVA and UVB. Another less expensive option is to wash your clothes with SunGuard. One treatment lasts about 20 washings.

Don't forget your eyes! You don't need to spend much to get sunglasses with 100% UV protection in a wraparound style. And wear a hat!

### Definitions and Workings of Sunscreen

Sunscreen is a lotion made with unique chemicals to absorb UV light. When it is applied to the skin the molecules form an invisible layer on the skin that protects it from penetrating UV rays.

All sunscreens protect from the **UVB** rays (affect the top layers of the skin and are responsible for **Burning**). Make sure you get a "broad spectrum" sunscreen as it protects from the **UVA** rays that are responsible for **Aging** as well as the UVB rays.

The SPF stands for "Sun Protection Factor." Always wear a sunscreen with an SPF of 15 or higher and waterproof and/or sweatproof.

What are **\*YOU\*** worried about? Help us out by letting us know about safety topics that could help keep your workplace safe!

### Sun Safety

- Stay out of the sun between 10 AM and 2 PM
- Use a broad spectrum sunscreen that protects against UVA and has a SPF of 15 or higher, even on cloudy days. Buy a non-stinging product or one specially formulated for use on your face. Buy a PABA free brand if you are sensitive to that ingredient.
- Reapply sunscreen every two hours and after swimming or sweating.
- Wear protective tightly woven clothing, dark col-

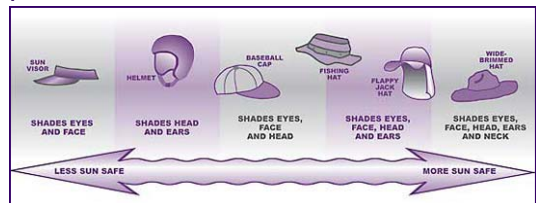


ors are best.

- Wear a 4 inch wide broad brimmed hat and sunglasses with UV protective lenses.
- Stay in the shade when possible
- Avoid reflective surfaces. Water, cement, sand can reflect up to 85% of the sun's damaging rays.
- If you have oily skin or are acne prone, use a water base lotion.
- More expensive sunscreen is not better. A costly brand may

feel or smell better, but it isn't necessarily more effective. Some sources suggest Neutrogena's Ultra Sheer with SPF of 55.

- Babies under 6 months old should not be in the sun.



### Wear a hat and sunglasses!

Some information in this newsletter was taken from *The New York Times*, Jane E. Brody *Do Your Skin a Favor*; [www.gosunsmart.org](http://www.gosunsmart.org); [wsocvt.com](http://wsocvt.com) *Sun Safety, Stop Skin Cancer's No. 1 Cause*