

Everyday Safety

Tailgate Talks

This Everyday Safety Tailgate Talk is a modified reproduction of the January 2016 "Safety Pins," by Philip E. Spiezio and Ashlee Zinn, Washington County Office of the Safety Officer

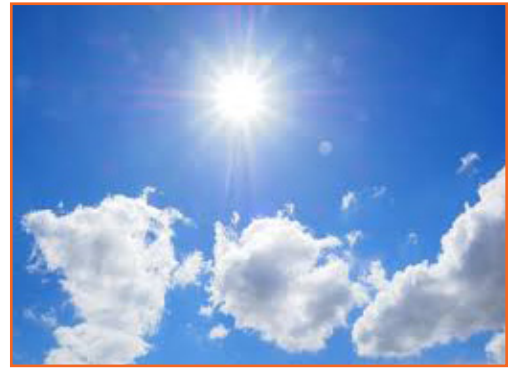
UV Safety

What are Ultraviolet (UV) Rays?

Anyone working outdoors is exposed to UV Rays, even on cloudy days.

There are 3 types of UV Rays:

- UVA is believed to damage connective tissue and increase the risk for developing skin cancer
- UVB penetrates less deeply into skin, but can still cause some types of cancer
- UVC – Natural – is absorbed by the atmosphere and does not pose a risk



How to Protect Yourself

- Avoid prolonged exposure to the sun when possible
- Wear Sunscreen – minimum of 15 spf
 - SPF refers to how long a person will be protected from a burn (UVB Protection)
 - To Protect against UVA – Zinc Oxide, Titanium Dioxide, and others
- Wear clothing with a tight weave or high SPF
- Wear wide-brimmed hats and sunglasses with UV Protection
- Take breaks in shaded areas

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Sunburn Facts

Sunburn is not always immediately apparent. Symptoms usually start about 4 hours after sun exposure and worsen in 24-36 hours.

Symptoms include:

- Red, tender, and swollen skin
- Blistering
- Headache
- Fever
- Nausea
- Chills
- Chronis - Excessive UV eye exposure can cause permanent damage, including blindness.

What to do?

- Drink plenty of water to replace fluid loss
- Take aspirin, acetaminophen, or ibuprofen to relieve pain, headache, and fever
- Cool burns with cool baths or gentle application of cool wet clothes
- Use topical Moisturizing Cream and/or with Aloe
- If blistering occurs: lightly bandage or cover the area, do not break blisters.
- Seek Medical Attention if:
 - High Fever
 - Dehydration
 - Severe Sunburns covering more than 15% of the body

Action Item:

Check the local UV Index in order to take appropriate action on worker safety including limiting outdoor UV exposure and reminding workers to take protective measures

Resources and References:

- OSHA Fact Sheet on Worker Sun Protection
<https://www.osha.gov/Publications/OSHA3166/osha3166.html>
- American Cancer Society "How Do I protect Myself from UV Rays?"
<https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/uv-protection.html>
- EPA Local UV Index Resources Webpage
<https://www.epa.gov/sunsafety/uv-index-1>

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Date: ____/____/____

“UV Safety” Sign In Sheet:

Name:

Signature:

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