

Protect Yourself From The Sun



Always Remember Your:



'B'rays don't Broil: Catch some sun rays to feel healthy but avoid over exposure to protect against skin cancer, cataracts, and premature aging of the skin.

There are 3 types of UV rays:

UVA- causes skin aging, wrinkling, contributes to cancer and makes up the majority of our sun exposure.

UVB- causes sunburns, cataracts, immune system damage and contributes to skin cancer. Can cause melanoma in severe UVB burns before the age of 20.

UVC- these are the most dangerous, but are luckily blocked by the earth's ozone layer.

From April to September, when UV rays are at their strongest, it is especially important to learn to protect yourself from the sun. Make sun safety a part of your daily routine:

- Dress in clothing that covers exposed skin
- Wear a hat with a wide brim (at least 8cm)
- Limit the amount of time you spend outdoors during the sun's peak times of 11am-4pm
- Seek shade as much as possible
- Avoid cheap sunglasses which increase risk by dilating pupils without UV protection
 - wear sunglasses with UV protection to filter all UV rays
- Use a 'broad spectrum' UVA and UVB sunscreen with a minimum SPF level of 15.
- Apply sunscreen 20 min. before going outside
- Reapply every 2-3 hours or sooner if sweating or swimming
- Never stretch a bottle- apply sunscreen thickly and pay attention to expiration dates (sunscreen has a shelf life of 3 years or shorter if exposed to heat)
- Know the risks of skin cancer

DID YOU KNOW?

The Canadian Cancer Society reports that:

Anyone born today has a 1 in 7 chance of skin cancer!

So Protect Yourself!



What to do if you get too much sun:

- Cool bath or shower
- Unscented moisturizer (lotion, no petroleum jelly or oils)
- Aloe Vera
- Hydrocortisone cream
- Drink water
- No more sun
- Use an over the counter pain reliever to relieve pain
- Wear loose clothing
- If your burn is severe and you have a headache and chills or a fever, see a doctor.

CAUTION

Elevated risks for skin cancer include:

Individuals with: light coloured skin, hair or eyes, a family history of skin cancer, a large number of moles and who freckle quickly, or individuals who take medications that affect the skin or suppress the immune system.



For more information go to:
www.brocku.ca/hr-ehs/environment-health-safety