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Steps for Staying Safe in the Summer Sun



It's summer, which means longer days and more time outside in the sun! Sounds like fun, right? Just make sure you're taking the proper precautions to protect yourself from harmful ultraviolet (UV) rays from the sun. According to the American Cancer Society there are more cases of skin cancer diagnosed each year in the United States than all other types of cancer combined.

There are plenty of steps you can take to protect yourself from UV rays and have a safe, enjoyable day outside in the summer sunshine:

1. Don't Skimp on Sunscreen (at least SPF 30)

Re-apply regularly to ensure protection. Make sure to check the expiration date and verify whether or not it is water/sweat proof.

2. Consider Your Clothing

Lightweight, dry clothes can provide an extra level of protection and comfort in the sun and heat.

3. Remember the Hats and Sunglasses

When it comes to both these accessories, the bigger the better! Hats with a larger brim all the way around the hat will provide protection to your neck, ears, nose, forehead, and scalp. Sunglasses with large frames help protect not only your eyes, but also the sensitive skin around them.

4. Seek Out Shade

Even when taking proper precautions, it is important to seek shade when you are in the sun for prolonged periods of time, specifically from 10 a.m. – 4 p.m. when UV rays are strongest and most harmful.

Reduce Your Risks: Understanding the Dangers of Tanning



If you have used a tanning bed to achieve that "sun-kissed" look, you're not alone: 35% of American adults, 59% of college students, and 17% of teens have reported using a tanning bed. While tanning bed use may be common, it's not without risk. That "healthy glow" is actually anything but healthy; *tanned skin is damaged skin*. Tanning outdoors, or "laying out" as it is commonly called, is not any better.

One bad sunburn can increase your risk for skin cancer, and the sun's UV rays can do just as much damage as a tanning bed. **Before you tan, consider these facts:**

- Using a tanning bed can increase your risk of Melanoma, the deadliest form of skin cancer, by 59% and the risk increases with each use.
- UV rays causes damage to cell DNA, which can lead to premature skin aging, decreased immune response, and eye damage.
- Frequent tanning bed users can get addicted to use.
- A "base tan" does not decrease your risk of getting sunburned. According to the CDC, people who tan indoors are more likely to report getting sunburned.

Protect Yourself from Heat-Related Illness



Exercising or working in warm weather or in a hot environment such as a steamy gym can challenge your body's natural cooling system and put you at increased risk of a heat emergency, which can lead to more than just discomfort and fatigue. Heat emergencies can lead to serious illness and in extreme cases prove fatal. In fact, the [Centers for Disease Control](#) estimates that in an average year, 658 people succumb to heat-related illness.

The three stages of heat emergencies include:

- **Heat cramps:** Muscle cramps, usually in the legs or stomach (caused by loss of salt from sweating.) This may be the first sign of overheating.
- **Heat exhaustion:** Heavy sweating, cold and clammy skin, nausea and vomiting.
- **Heatstroke:** When body temperature rises above 104°F (40°C.) Heatstroke is a life-threatening condition.

Children, older adults, and obese people have a higher risk for these illnesses. People taking certain medicines and people with heart disease also have a higher risk; however, even a top athlete in superb condition can experience heat illness.

Know the signs and take action

The early warning **signs of heat exhaustion** include:

- Heavy sweating
- Tiredness
- Thirst
- Muscle cramps

Later signs might include:

- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Cool, moist skin
- Dark urine

If you experience any signs of a heat emergency, immediately stop exercising, get into the shade or cool environment, remove extra layers of clothing and drink plenty of fluid. If you do not feel better, contact your health care provider. If you are not able to reach your primary health care provider, you can visit an urgent care facility such as a [TriHealth Priority Care](#) location or a nearby [emergency department](#).

Signs of heatstroke include:

- Fever (over 104°F [40°C])
- Red, hot, dry skin
- Rapid, shallow breathing
- Rapid, weak pulse
- Irrational behavior
- Extreme confusion
- Seizure
- Loss of consciousness

If you or somebody nearby experiences any of the signs of heatstroke, immediately call 911.

Work Outdoors? Shield Your Eyes from Sun Exposure



If you work outside in the sun, it's essential to protect your eyes as well as your skin from getting burned. Help to guard your eyes from harmful UV light by wearing sunglasses that block 99% to 100% of both UVA and UVB rays and screen out 75% to 90% of visible light.

And, did you know that although tinted lenses might assist with visibility, they are not necessary to protect the eyes from sun exposure? The color and degree of darkness of sunglasses actually have nothing to do with the sunglasses' ability to block UV rays. Most safety goggles/glass lenses provide sufficient UV protection as they are made of some form of polycarbonate, which naturally blocks 99.9% of UV light. The most important thing is always to remember to wear them when working outdoors.

Source: [safetyglassesusa.com](#)