Stony Brook University

SAFETY TALK

Environmental Health and Safety Newsletter July 2022

Sun Safety

At some point, we've all been burned by the sun. Sunburn is the effect of ultraviolet (UV) radiation on the skin. Ultraviolet light is beaming down on us every day, and always has. But now there's less protective ozone in the atmosphere and risks of exposure have increased. UV rays are more powerful than visible light rays. They're so powerful that they can cause cancer. Ultraviolet radiation can also cause cataracts, other eye damage, and premature aging of the skin. When you work in the sun, especially in spring and summer, you need to minimize the hazards of UV exposure.

Identify controls

- Wear a shirt and long pants to cover most of your skin.
- Protect the rest of your skin with sunscreen. Use SPF 30 or higher. Follow the instructions about how often to reapply. Don't forget your ears. The more you sweat, the more often you need to reapply sunscreen.
- Protect your eyes. A wide-brimmed hat can block up to half of the UV that would normally reach your eyes.

Other important facts

- SPF stands for Sun Protection Factor. Multiply the SPF number by 10 to know how many minutes you can stay in the sun without burning.
- Use a UV-blocking lip balm too.
- Sunlight doesn't have to be direct to do damage. Light reflected off surfaces such as sand, water, concrete, and snow can also cause UV exposure.
- Weather reports now include a UV index. This gives you an idea of how intense the ultraviolet radiation will be under clear sunshine or light cloud.
- When the index is high (7 or higher) you can get sunburned in only 15 to 20 minutes.
- The highest exposure of the day is from noon to 2 pm.
- Sunscreen should be standard equipment for anyone working in construction during spring and summer.

Date:	
Department:	
Supervisor ***(please print)*****:**	
Supervisor Signature:	
Employee Participants: ***Please Print Clearly***	*Signature*

Environmental Health and Safety

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Please share the safety talk, for the noted month, with your employees and sign off on this form. All others should read for themselves. Completed forms shall be kept on file by