

# ***SAFETY BRIEF***



## **SUNSCREEN – Something to Think About**

The Center for Disease Control & Prevention

### **UVA vs. UVB Rays**

- UVA (Ultraviolet A)– penetrate deep into the dermis, the skin's thickest layer. Unprotected exposure can lead to premature skin aging, wrinkling and suppression of the immune system
- UVA rays are 95% of the UV radiation that reach the Earth from the Sun
- The development of most skin cancers are initiated from the damage of UVA rays



***Your Reward For Working  
Safely Today...Is Tomorrow!***

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From the Center for Disease Control & Prevention

- UVB rays damage the epidermis or top layer of the skin.
- UVB rays causes the painful redness known as sunburn and over time cause skin cancer
- UVB is most dangerous from 10-4 spring, summer & fall
- FYI – UVC but doesn't reach the earth's surface.
- UV rays can also:
  - ❑ increase risk of cataracts and other eye problems.
  - ❑ Suppress skin's immune system



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- SPF (Sun Protection Factor)
- Apply Sunscreen 15-30 minutes before sun exposure
- No sunscreen protects you completely. SPF 15 – 93%, SPF 30 – 97%, SPF 50 – 98%, SPF 100 – 99% filter
- Sunscreens are not waterproof or sweatproof but resistant. Note the amount of protection in water, usually 40 or 80 minutes
- SPF use calculation example:
  - Exposed to the sun for 8 hours ( $8 * 60 \text{ mins}$ ) = 480 minutes
  - If you normally sunburn in 20 mins  
( $480 \text{ mins} / 20 \text{ mins}$ ) = 24 SPF required for protection
- Sunscreen should be applied liberally
- Wear sunglasses that block UVA and UVB 99-100%

