

## Safety meeting blueprint

✓ Meeting Topic: Sun safety

✓ Today's Date: \_\_\_\_\_

✓ Attendee Signatures:

---

---

---

---

You may know workers who skip safety precautions before heading outside to work in the sun. Maybe they believe they're the exception to the rule when it comes to getting sunburned, or following safety rules might seem like just a waste of time to them.

But the truth is that no matter how invincible or superhuman people think they are, the sun doesn't really care one way or another. It could still harm them if they don't protect themselves.

Consider that ultraviolet (UV) radiation can cause eye damage, wrinkles, skin cancer and lip cancer.

That's why you should take safety seriously when working in the sun.

### Protect the lips too

Before stepping outdoors, choose the correct sunscreen to protect against sun damage. Check the label and make sure the sunscreen is water-resistant and broad-spectrum. Plus, look at the use-by date. If the lotion has expired, throw it out.

Also, pick sunscreen with

a sun protection factor (SPF) of 30 or higher.

Don't forget that your lips can burn in the sun too, so make sure to use UV-blocking lip balm.

### Put on sunscreen

Once you've selected the right sunscreen, you're ready to put it on. Rub it on at least 20 minutes before you go outside. Reapply it every two hours. And the more you sweat, the more you'll need to reapply it.

Don't forget to spread sunscreen on the parts of your body that you might not immediately think of, such as your ears, scalp and neck.

Also, be aware that even if you're only outside for a few minutes, you'll still need to apply sunscreen.

Think you don't need to use sunscreen on a cloudy day? Think again. You can get burned on a cloudy day too. Here's why: Up to 80% of the sun's UV rays can pass through clouds, according to the Skin Cancer Foundation.

*(What safety gear should you put on before working in the sun?)*

Before laboring in the sun, put on a wide-brimmed hat, sunglasses, a long-sleeved shirt and long pants.

### In case of emergency

Frequently check your skin for sun damage. Remember: It's important to detect the signs of sun harm early on because the symptoms, if treated, can be managed. But if left untreated, deadly melanoma could develop.

If you feel sensations such as itchiness, tenderness, or soreness on your skin, you may be at risk for skin cancer.

In addition, check for skin oozing, bleeding, swelling, or blistering. If you detect a growth spot, scaly patches, lumps, moles, or a change in skin color, you could be in danger of contracting skin cancer. Also note that a headache or fever could be another indication of skin cancer.

If you notice any of these symptoms, go to a doctor.

Thanks for your attention. And remember, let's stay safe out there!

*(See next page for test)*

## Safety meeting blueprint: Test your knowledge

### Meeting Topic: Sun safety

- |  |  |  |  |
|--|--|--|--|
| <p><b>1. According to the Skin Cancer Foundation, what percentage of the sun's UV rays can pass through the clouds?</b></p> <p>a. 8%<br/>b. 18%<br/>c. 80%<br/>d. 100%</p> | <p>d. None of the above</p> <p><b>4. How often should you reapply sunscreen?</b></p> <p>a. Every 20 minutes<br/>b. Every two hours<br/>c. Every five hours<br/>d. Every 24 hours</p> | <p>c. Go to a doctor<br/>d. None of the above</p> <p><b>8. What should you use to protect your lips from sun damage?</b></p> <p>a. UV-blocking lip balm<br/>b. Lipstick<br/>c. Chapstick without UV protection<br/>d. No protection is necessary</p> | <p>narrow-spectrum<br/>c. Permeable and broad-spectrum<br/>d. Permeable and narrow-spectrum</p>  |
| <p><b>2. About how many minutes before heading outdoors should you apply sunscreen?</b></p> <p>a. 5 minutes<br/>b. 10 minutes<br/>c. 20 minutes<br/>d. 40 minutes</p>      | <p><b>5. Ultraviolet (UV) radiation can cause</b></p> <p>a. Lyme disease<br/>b. Lip cancer<br/>c. Diabetes<br/>d. None of the above</p>  | <p><b>9. Which of the following is a possible indication of skin cancer?</b></p> <p>a. A headache<br/>b. Itchy skin<br/>c. Scaly patches<br/>d. All of the above</p>   | <p><b>11. Pick out sunscreen with a sun protection factor of</b></p> <p>a. 5 or lower<br/>b. 10 or higher<br/>c. 20 or lower<br/>d. 30 or higher</p>         |
| <p><b>3. What should you do if the sunscreen you're about to put on has expired?</b></p> <p>a. Use it anyway<br/>b. Don't use it<br/>c. Don't wear any sunscreen</p>       | <p><b>6. You don't need to use sunscreen on a cloudy day. True or False?</b></p>   | <p><b>10. Make sure that the sunscreen you choose is</b></p> <p>a. Water-resistant and broad-spectrum<br/>b. Water-resistant and</p>   | <p><b>12. Before laboring in the sun, you should put on</b></p> <p>a. A wide-brimmed hat<br/>b. Safety gloves<br/>c. Short pants<br/>d. All of the above</p> |
|  | <p><b>7. If you notice any symptoms of sun damage, you should</b></p> <p>a. Ignore them<br/>b. Tell all your coworkers</p>   |  | <p><b>13. If you'll be outside for only a few minutes, you don't need to rub on sunscreen beforehand. True or False?</b></p>                                 |

### Test your knowledge: The answers

- |   |   |
|---|---|
| <p>1. c<br/>2. c<br/>3. b<br/>4. b<br/>5. b<br/>6. False. Don't be deceived. Even if the clouds are out and you can't see the sun, you could still suffer skin damage because the sun's damaging UV rays can pass through the clouds.</p> | <p>7. c<br/>8. a<br/>9. d<br/>10. a<br/>11. d<br/>12. a<br/>13. False. Keep in mind that the sun is powerful, which means it doesn't take much time in the sun for significant damage to occur.</p> |
|---|---|