Sun
Safety
The Sun

Helpful
- Keeps Us Warm
- Helps Plants Grow

Harmful
- Causes Sunburns
- Makes Our Skin Wrinkle
Helpful and Harmful Effects of the Sun

**Helpful**
- Keeps Us Warm
- Helps Plants Grow
- Makes Vitamin D
- Kills Germs
- Makes Us Feel Good
- Gives Us Light

**Harmful**
- Causes Sunburns
- Makes Our Skin Wrinkle
- Causes Skin Cancer
- Causes Eye Damage
The Sun...

...is necessary for life on Earth. It helps plants to grow, and provides warmth and light. Sunlight also helps people to be happy and healthy.
The Sun...

...produces light and warmth but also Ultraviolet (UV) radiation. UV radiation cannot be seen or felt.

It is UV radiation, not the warmth or brightness of the sun that causes changes to skin color, damage to eyes, and other bad health effects.
UV radiation is not always the same; it changes based on:

- Time of day
- Time of year
- Location
- Altitude
- Weather
- Reflection
- Ozone Layer
How do we measure UV radiation levels?

We use the UV Index Scale.

Reported on a scale of 1 - 11+.
Sun Safety Action Steps

Limit Time in the Midday Sun

The sun’s rays are strongest between 10 am and 4 pm.

Limit exposure to the sun during these hours.
Sun Safety Action Steps

Seek Shade

Staying under cover is one of the best ways to protect yourself from the sun.

But remember, shade structures do not offer complete sun protection.
Sun Safety Action Steps

Cover Up

Wearing long sleeves and long pants is a good way to protect your skin from the sun’s UV rays.
Sun Safety Action Steps

Use Sunscreen

Use sunscreen of SPF 15+ generously and reapply every 2 hours, or after working, swimming, playing, or exercising outdoors.
Sun Safety Action Steps

Wear a Hat

A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back of your neck.
Sun Safety Action Steps

Wear Sunglasses

Sunglasses that provide 99 to 100 percent UV protection will greatly reduce sun exposure that can lead to eye damage.
Sun Safety Action Steps

Avoid Tanning Parlors

The light source from sunbeds and sunlamps damages the skin and unprotected eyes. It is a good idea to avoid artificial sources of UV light.
Sun Safety Action Steps

Watch for the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. The UV Index is issued daily across the United States.
Riddle

Knock, Knock, Who’s there?

Anita. Anita who?

I “nita” another bottle of SPF 15 sunscreen!