# HEAT & SUN SAFETY

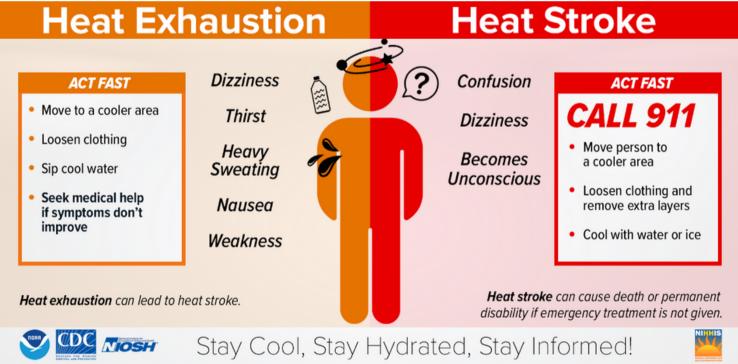


University of Nebraska Medical Center

## **HEAT SAFETY**

When it is extremely hot and humid, your body can have a hard time cooling itself. When your body temperature rises you may experience a heat-related illness. Know the symptoms and recommended first aid steps for heat-related illnesses like heat cramps, heat exhaustion, and heat stroke.

You may see **heat cramps** before heat exhaustion or stroke. These feel like painful muscle cramps and spasms and heavy sweating. Apply firm pressure to cramping muscles or gently massage to relieve spasms, and sip cool water.



Source: National Weather Service. https://www.weather.gov/safety/heat-illness

#### **GET IN TOUCH**

402-552-3394 go.unmc.edu/cs-cash/cs-cash-contact go.unmc.edu/cs-cash UNMC College of Public Health 984388 Nebraska Medical Center Omaha, NE 68198-4388



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## SUN SAFETY

Ultraviolet (UV) rays from the sun can cause harm to your skin and eyes. Sun exposure is highest during the summer between 10:00 AM and 4:00 PM, even on cloudy days. Being in the sun too much and cause skin cancer, lip cancer, eye damage, aging skin, and more. Take measures to protect yourself from sun exposure.

### QUICK FACTS

- Sun exposure is highest during the summer and between 10:00 AM and 4:00 PM.
- Snow and light-colored sand reflect UV light and increase the risk of sunburn.
- You are at risk for sunburn even on cloudy days.
- Some medications increase sensitivity to sunlight always read the label.

#### **FOR EMPLOYERS\***

Protect your workers from sun exposure:

- Avoid scheduling outdoor work when sun exposure is at its peak when possible.
- Provide shaded or indoor break areas.
- Provide training to workers about sun exposure (their risk, prevention, and signs of overexposure).

#### **FOR WORKERS\***

Protect yourself from sun exposure:

- Wear a minimum of SPF 15 that is not expired.
- Apply sunscreen at least 20 minutes before sun exposure, paying special attention to ears, scalp, lips, neck, tops of feet, and back of hands.
- Reapply sunscreen every 2 hours.
- Wear dark clothing with a tight weave, or high-SPF clothing.
- Wear wide-brimmed hats and sunglasses with high UV protection and side panels.

## **ADDITIONAL RESOURCES**

Scan QR codes using your smart phone's camera to access the links.



National Weather Service Heat Safety Resources



OSHA-NIOSH Heat Safety Tool App



NIOSH Sun Exposure Resources



Great Plains Center for Agricultural Health



American Cancer Society Skin Cancer Prevention

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