

Sun basics: *the 4 W's*

Wear a hat!

Make sure your hat has a wide brim that covers most of your face, neck, and ears.

Wear sunscreen!

Follow the directions on the bottle.
Apply before going out
and reapply often.

Wear a shirt!

Loose and lightweight clothing
in a dark color will help block the
sun's dangerous UV rays.

Wear sunglasses!

Choose 99% or 100% UV
protected sunglasses to keep
your eyes safe.

about us

Our mission is to work with the agricultural community in the Central States and beyond, conducting research, intervention, education, and outreach activities, which aim to discover the mechanisms of injury and illness, and to develop, implement, and evaluate prevention strategies that measurably improve the health and safety of members of the agricultural community.

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Sun & Heat Safety *for kids*



**Central States Center for
Agricultural Safety and Health**

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how does the sun hurt us?

The sun makes ultraviolet (UV) rays. These UV rays are what causes your skin to become sunburned or tan. Even if you are not sunburned, the UV rays can be harming your skin and eyes. It is important for us to protect our skin and eyes from UV rays. We can protect ourselves with hats, sunscreen, shirts, and sunglasses.

The sun helps our crops grow, but can be dangerous for our skin and eyes! Whether we are helping on the farm or just playing outside, we are at risk for sun exposure that can harm us. Being in the sun too much can give us:

- Skin cancer
- Lip cancer
- Eye damage
- Aging skin
- Wrinkly skin



cool off in the shade!

The sun's rays are strongest during the middle of the day, from 10 am to 4 pm. The sun's UV rays can travel through clouds to harm us, so you can even get sun damage on a cloudy day! Find a shady spot to hang out during this time.

For more information: unmc.edu/publichealth/cscash
Or call us at: 402.559.4998 | 402.559.3394

