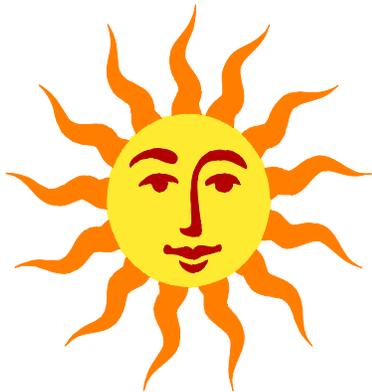


### PROTECTION FROM THE EFFECTS OF THE SUMMER SUN

#### PROTECTING YOURSELF FROM SUNBURN AND SKIN CANCER

The idea of a healthy suntan is deceptive. A good-looking tan is unhealthy. Exposing your body to any, but minimal, amounts of direct sunlight is undeniably unsafe, if not downright hazardous. The short-term effects of over exposure may be pain and discomfort due to sunburn. The long term effect is permanent aging of the skin. The sun slowly but surely destroys elastic fibers that keep the skin taut and young looking. This leaves the skin dry and wrinkled.



**LEARN NOT TO BURN --**  
**It CAN BE YOUR FRIEND**  
**OR FOE**

A far more serious danger is skin cancer. The skin changes that result in cancer develop cumulatively and irreversibly over the years and may take decades to produce a malignancy. Americans are developing skin cancer at ever-younger ages because of increasing amounts of time spent in the sun. Skin cancer is the most common of all cancers, with four hundred thousand new cases each year. This was once considered a disease of the aging process. Now half of the cases reported are in the age group fifteen to fifty years of age. There is no such thing as a "SAFE TAN." Tanning salons expose skin to the same type of damaging UV rays as the sun. The darkening of the skin, due to tanning, is a sure sign of skin damage. The darker the suntan the more damage to the skin.

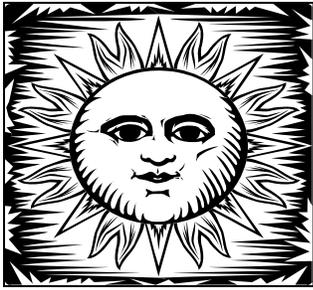
Prevention of skin cancer means reducing the skin's exposure to direct sunlight. During outdoor activities reduction in exposure can be accomplished by covering up with clothing. If this is not possible then the use of sun blocks can help. Sun blocks can reduce exposure to the damaging effects of sunlight by as much as ninety percent. This protection is required even on overcast days when the sun

is behind the clouds. Even on a cloudy day as much as eighty percent of the sun's damaging rays can still find their way through the clouds.

A sun block with a Sun Protection Factor (SPF) of 15, or greater, is recommended. This is especially true for children. Sun Protection Factors numbers show the numbers of hours you can be exposed to direct sunlight and have the same effect as one hour of unprotected exposure. The higher the SPF the better it protects. Good sun blocks must also be "Water Resistant" or "Water Proof" to be effective. Even if you don't plan on swimming or going into the water this protection is important. Perspiration will remove sun blocks that are not water-resistant or water proof.

If you must have that tanned appearance then the only safe way is to use one of the new sunless tanning lotions. There has been much advancement in this alternative tanning solution in the last few years.





### THE VOTE IS IN AND THE EYES HAVE IT! SUNGLASSES

During the summer months we spend a lot more time outside and enjoying the sun. This exposes the eyes to possibly damaging amounts of Ultraviolet (UV) and blue light. Each year, in the United States, an estimated one hundred thousand eye surgeries are conducted due to the damaging effect of sunlight. Protection from possibly damaging amounts of light is an easy fix. There are new high tech sunglasses available. When fitted and worn correctly they can protect you from over 90% of the damaging effects of sunlight. When selecting sunglasses how you look is not as important as how well they protect. There are four things to consider when selecting the perfect pair of sunglasses.

**First --** Do they fit? The glasses must be comfortable and the larger the lens surface the more protection for the eyes. The wraparound style offers better protection by reducing the eyes' exposure to light from above, below, and the sides of the lens. If you wear prescription lens you are normally better off with prescription tinted lens than a

cheap clip-on device. Clip-on types are normally uncomfortable and can distort vision. Check with your optometrist, optician, or doctor for help in selecting the right lens for your needs and protection.

**Second --** What is the UV protection offered by these glasses? Look not only for the percentage of UV protection marking but also look for the American National Standard Institute (ANSI) mark on the frame of the glasses. If the glasses conform to the ANSI they will have a "Z-80.3" printed on the frame. The best UV glasses protect your eyes from 290 to 400 nanometers (unit of measure used for light waves).

**Third --** Do they protect your eyes from glare light?

Blue light is the light that appears as glare. This light can cause eye fatigue, eye damage, and make it very difficult to see. Normally lens tinted amber or brown offer good protection from blue light. Blue light is the UV range from 400 to 510 nanometers.

**Fourth --** Do they block visible light? Good sunglasses block 75% to 90% of visible light. To check this look into a mirror, while wearing your sunglasses, you should not see your eyes.

There are special sunglasses for contact or impact sports, motorcycle riding, and working around dangerous machinery. These are "Shatter Proof" and help protect your eyes from impact. Don't be fooled by the term "Shatter Resistant", it is not the same. Go to an

optometry shop or specialty shop to get these glasses.

### HEAT INJURY PREVENTION



Heat injuries are the result of exposure to high or extreme temperatures. Prevention depends on consumption of adequate amounts of water, proper clothing, and appropriate activity levels.

Acclimatization and protection from undue heat exposure are also very important. Training on living and working in hot climates also contributes towards prevention of heat related injuries.

**Diet:** A balanced diet usually provides enough salt even in hot weather. DO NOT use salt tablets to supplement a diet, unless instructed to do so by medical personnel.

**Clothing:** The type and amount of clothing worn, along with the equipment you wear and the way you wear it, affects the body's ability to adjust to hot weather. Clothing protects the body from radiant heat. However, excessive or tight-fitting clothing reduces ventilation needed to cool the body.

**Fluids: --** The ideal fluid replacement is water.

Drinking adequate amounts of water during work, training, exercise, or recreational activities is very important. The body, which depends on water to help cool itself, can lose more than a quart of water per hour through sweat. Lost fluids must be replaced quickly. Therefore, during periods of physical exertion in hot weather, drink a quart or more of water per hour.

### **CATEGORIES OF HEAT INJURIES:**

Heat injuries can be divided into three categories:

**Heat Cramps:** -- Heat cramps are caused by an imbalance of chemicals in the body as a result of excessive sweating. This condition causes the person to exhibit: muscle cramps in the arms and legs, cramps in the abdomen, heavy sweating, and thirst.

The treatment for heat cramps is:

- Move the casualty to a cool or shaded area.
- Loosen clothing.
- Give him/her a quart or more of water to drink slowly
- Seek medical help if symptoms continue.

**Heat Exhaustion:** -- Heat exhaustion is caused by loss of water through sweating without water replacement. It can occur in an otherwise fit individual who is involved

in tremendous physical exertion in hot weather. The signs and symptoms are: heavy sweating with pale, moist, cool skin, headache, weakness, dizziness, loss of appetite. Other symptoms that may occur are: heat cramps, nausea, urge to defecate, chills, rapid breathing, tingling of hands and feet, and confusion.

Treatment for heat exhaustion is:

- Move the casualty to a cool or shaded area.
- Loosen clothing.
- Give them a quart or more of water to drink slowly. Elevate legs.
- Reduce activities for the rest of the day.
- Monitor the individual until symptoms are gone or medical aid arrives.
- Seek medical help if symptoms continue.

**Heatstroke:** -- Heatstroke is the failure of the body's cooling mechanisms. Inadequate sweating is a factor. The casualty's skin is red, hot, and dry. They may experience weakness, dizziness, confusion, headaches, seizures, nausea, and respiration and pulse may be rapid and weak. Unconsciousness and collapse may occur suddenly.

***NOTE: HEAT STROKE IS CONSIDERED A MEDICAL EMERGENCY WHICH MAY RESULT IN DEATH IF TREATMENT IS DELAYED!***

Treatment for heatstroke is:

- Move the casualty to a cool or shaded area.
- Loosen clothing. Immersing in cool, not cold, water or pouring water over them and fanning to permit a coolant effect of evaporation.
- Massaging extremities and skin, which increases the blood flow to those body areas, thus aiding in cooling.
- Give him/her a quart or more of water to drink slowly.
- Elevate legs.
- Monitor the individual until medical aid arrives.