



SAFETY & HEALTH NEWSLETTER

5/12/2023

Protecting Your Skin from the Sun

Tips to Prevent Skin Cancer

- 1. Apply sunscreen with SPF 30 or higher and reapply every 2 hours. Cover all exposed skin, including the face, neck, ears, and scalp. Wear a hat if you have thinning hair.**
- 2. Cover up with tightly woven clothing, a wide-brimmed hat, and long pants or shorts. Some clothing is designed for sun protection.**
- 3. Avoid the sun between 10 a.m. and 4 p.m. Seek shade under a tree, umbrella, or other shelter, as the sun's rays can penetrate clouds and reflect off surfaces.**
- 4. Skip tanning beds, which increase the risk of skin cancer. Use a self-tanning product instead if you want a tan.**
- 5. See a dermatologist for regular skin cancer screenings. Early detection is crucial for successful treatment. Your dermatologist may recommend more frequent screenings depending on your risk level.**

By following these tips and taking care of your skin, you can enjoy the outdoors safely and reduce your risk of developing skin cancer. Stay safe and healthy this National Skin Cancer Awareness Month!

While the sun is essential to all life on Earth, too much exposure to it can be harmful to our skin. Ultraviolet (UV) rays, emitted by the sun, can cause many skin conditions as well as skin cancer when we're exposed to them excessively. So, it's important to protect ourselves from the sun's harmful rays.

The sun has both positive and negative effects on our skin. While a little bit of exposure to the sun can help us get vitamin D, which is beneficial for our health, excessive exposure can have harmful effects. In fact, most of the effects from sun exposure are negative. Sun exposure can cause a variety of skin conditions, such as wrinkles, freckles, discolored skin, benign tumors, and even skin cancer.

