Safety in the Sun

If you’re reading this, you’ve made it through the winter months with us and it’s time to enjoy the sun and fun of summer! While going to the beach or spending a day at the local fishing hole sounds great, it’s still important to remember the importance of protecting yourself from the harmful UV rays of the sun. Overexposure to the sun causes sunburn, premature aging of the skin, wrinkling, and skin cancer, including melanoma.

Here are some tips to keep yourself safe this summer:

- Apply sunscreen at least 30 minutes before being in the sun
- Reapply sunscreen after being in the water or strenuous activity
- Wear hats and other protective clothing
- Use a sunscreen that protects against UV-A & UV-B rays

Not only do you need to protect your skin from the sun’s rays, but you also have to be aware of heat-related illnesses. Working or doing any type of physical activity in extreme heat can cause illnesses such as heat exhaustion, stress, cramps, or even a stroke. Being aware of the symptoms of said illnesses is extremely important as treating them early is the key to recovery. Below are a few tips of prevention. If you need a refresher, sign-up for our Heat Stress Webinar on July 19th. Let us know if you can’t make it and we’ll send you the link!

- Drink water every 15 minutes
- Take frequent breaks in cool, shaded areas
- Wear a hat and light-colored clothing
- Be aware of heat-related illness symptoms

Happily & Healthily yours,
Emily Arelt