

# Important Tips on Sun Protection

Editor's note: Our Tailgate Training Tip Sheets are [available in Spanish at www.gemplers.com](http://www.gemplers.com).

## KEY POINTS:

- Repeated exposure to the sun can harm you.
- Use sunscreen with a sun protection factor (SPF) of 15 or greater.
- Regularly check your skin for any signs of damage from the sun.

*Note to trainer:* This is a special one-sided tailgate training script you can orally present to your ag/hort workers. The back of this sheet has important information for supervisors on heat illnesses and first aid measures. You may photocopy this sheet for your employees' personal use. However, it may not be published or sold.

## Take precautions in the sun

- Being outdoors in warm, sunny weather can be enjoyable. Yet repeated exposure to the sun can harm you, even if you have dark hair and dark skin.
- Among the problems that can result are damage to the [eyes](#); aging, wrinkling or drying out of the skin; lip cancer; or skin cancer.
- If you work outdoors all day, take breaks indoors if possible or in the shade. This is especially important when the sun's rays are the strongest.
- Use [sunscreen](#) with a sun protection factor (SPF) of 15 or greater on your face, neck, hands, forearms and any other unprotected areas of the skin. It's best to apply the [sunscreen](#) 20 to 30 minutes before going outdoors.
- You can also use zinc or titanium oxide on your nose and lips.

## Dress appropriately for the sun

- Wear [sunglasses](#) that filter at least 90 percent of the sun's ultraviolet rays. Be sure the label indicates that they filter both "UVA" and "UVB" rays.
- Wear [light-colored clothing](#), including a tightly-woven [long-sleeved shirt](#) and [long pants](#). Be sure your clothes aren't too tight. Wear a [baseball cap](#) with a neck shade or protective sun flap. Or, wear a different type of hat that shades your ears, face, temples and the back of your neck.

## Check for signs of sun damage

- Regularly check your skin for any signs of damage from the sun. Check your head, face, lips and the tips of your ears.
- Look for changes in the size, shape or color of moles. Look for irregular borders, moles that are not symmetrical, colors that are not uniform throughout, or moles that are larger than a pencil eraser.
- Also look for sores that bleed and don't heal; new moles; red patches or lumps, including small bumps on the head; or a change in sensation in a mole (such as itchiness or pain).
- See a health care professional if you spot a problem. Let your supervisor know if you don't have access to a doctor.



**A baseball hat alone won't adequately protect you from the sun.**

(Continued on back)

See our [full line of safety supplies](#), including [respirators](#), [eye](#) and [ear protection](#), [coveralls](#), [first aid](#) and more.

*Editor's note: This chart is a modified version of a chart originally published by the Environmental Protection Agency (EPA) and the Occupational Safety and Health Administration (OSHA). It was revised with the help of Dr. Steven Kirkhorn, Medical Director, Occupational Health Services, Immanuel-St. Joseph's-Mayo Health System, Mankato, MN.*

Illness	Signs/Symptoms	Cause/Problem	Treatment
<b>Early Heat Illness</b>	Mild dizziness, fatigue or irritability; decreased concentration; impaired judgment	Reduced flow of blood to the brain  May lead to heat exhaustion or heat stroke	Loosen or remove clothing  Rest in shade 30 minutes or more  Drink <a href="#">water</a>
<b>Heat Rash (Prickly Heat)</b>	Tiny, blister-like red spots on the skin; pricking sensations  Commonly found on clothed areas of the body	Sweat glands become plugged and inflamed from unrelieved exposure of skin to heat, humidity and sweat	Clean skin; apply mild drying lotion or cornstarch  Wear loose clothing  See a doctor if rash persists
<b>Heat Cramps</b>	Painful spasms of leg, arm or abdominal muscles  Heavy sweating, thirst  Occur during or after hard work	Loss of body salt in sweat  May be totally disabling	Move to a shaded area and loosen clothing  Drink a beverage that contains electrolytes, such as <a href="#">Gatorade®</a>  Rest
<b>Heat Exhaustion</b>  <i>Warning: The symptoms of heat exhaustion and some pesticide poisonings are very similar, but their treatments are very different. Seek immediate medical help if you are uncertain.</i>	Fatigue, headache, dizziness, muscle weakness, loss of coordination, fainting, collapse  Profuse sweating; pale, moist, cool skin; excessive thirst, dry mouth; dark yellow urine  Fast pulse, if conscious  Normal or near normal body temperature  May also have heat cramps, nausea, urge to defecate, rapid breathing, chills, tingling of the hands or feet, confusion, giddiness, slurred speech, irritability	Dehydration, lack of acclimatization; reduction of blood in circulation; strain on circulatory system; reduced flow of blood to the brain  Worker may resist treatment  May lead to heat stroke	Move to cooler, shaded area as quickly as possible  Rest lying down  Loosen or remove clothing; splash cold water on body  If conscious, have worker drink as much water as possible  <i>Do not give salt</i>  If worker collapsed, if unconscious, or if heat stroke is suspected, <b>immediately contact your local Emergency Medical Services for transport to a hospital</b>
<b>Heat Stroke</b>  <b>LIFE-THREATENING MEDICAL EMERGENCY</b>  <b>IMMEDIATE TREATMENT REQUIRED</b>	Often occurs suddenly  Headache, dizziness, confusion, irrational behavior, coma  Sweating may slow down or stop  Fast pulse, if conscious  Rapidly rising or excessively high body temperature  Rapid breathing  May also have convulsions, nausea, incoherent speech, very aggressive behavior	Sustained exertion in heat; lack of acclimatization, dehydration; reduced flow of blood to the brain and other vital organs; body's temperature-regulating system fails; body cannot cool itself  Risk of damage to vital organs, including the heart, brain, central nervous system, liver and kidney  Worker may resist treatment  <b>Brain damage and death can result, even with prompt treatment</b>	Move to shaded area and remove outer clothing and shoes  Immediately wrap in wet sheet or cover with thin, wet towels; pour on water and fan vigorously  If conscious, have worker drink as much water as possible  <i>Do not give salt</i>  <b>Immediately contact your local Emergency Medical Services for transport to a hospital</b>

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