



PREVENT THE BURN!

Protecting Outdoor Workers from Sun Exposure

WHO IS AT RISK?

Anyone who works outside, even on cloudy days, for long periods of time.



SUNBURN

Symptoms usually start four hours after sun exposure and may include:

- Red, warm, swollen, or tender skin
- Blistering patches of skin
- Fevers, headaches, or nausea
- Tiredness

SUNBURN FIRST AID

Minor Burns:

- Take aspirin for pain, headache, or fever.
- Drink plenty of water.
- Apply cool, wet cloth.
- Apply aloe or 1% hydrocortisone cream.
- Avoid more time in the sun, if possible.

Get medical attention if:

- Severe burns cover more than 15% of body
- Dehydrated
- Have a high fever (higher than 101 F)
- Extreme pain for more than 48 hours
- Burned areas become infected

Blistering:

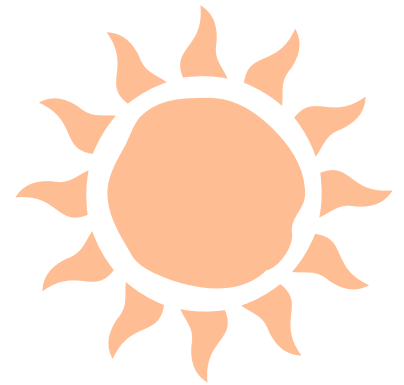
- Do not break blisters!
- Lightly cover to prevent infection.
- If blister breaks and dry skin peels, apply antiseptic ointment or hydrocortisone cream.

SKIN CANCER

- Check yourself regularly for signs of skin cancer:
 - Changes in shape, size, and color of moles, or new moles form
 - Sores that bleed and do not heal
 - Red patches or lumps
- Talk to your health care provider if you see any of these skin changes.
- If you can, get annual screenings by your health care provider.

PROTECT YOURSELF FROM THE SUN'S RAYS

- Limit time in the sun, if possible.
- Take breaks in shaded areas.
- Use sunscreen on exposed skin:
 - Should be a minimum of SPF 15.
 - Follow the instructions on the bottle.
 - Apply 20 minutes before going into the sun.
 - Re-apply every 2 hours if sweating heavily or if also using insect repellent.
- Wear wide-brimmed hats and sunglasses.
- Cover up and wear clothing with a tight weave or with high SPF.
- Protect yourself on cloudy days and in the winter, too!



RECOMMENDATIONS FOR EMPLOYERS

- Provide shaded or indoor break areas.
 - When possible, avoid scheduling outdoor work when sun exposure is the greatest (between 10:00 am - 4:00 pm).
 - Provide training to workers about:
 - Their risks of sun exposure.
 - How to prevent sun exposure.
 - The signs and symptoms of sun exposure.
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- **NIOSH Sun Exposure:** [cdc.gov/niosh/topics/sunexposure/default.html](https://www.cdc.gov/niosh/topics/sunexposure/default.html)
 - **NIOSH Sun Exposure - Recommendations:** [cdc.gov/niosh/topics/sunexposure/recommendations.html](https://www.cdc.gov/niosh/topics/sunexposure/recommendations.html)
 - **NIOSH Fast Facts: Protecting Yourself from Sun Exposure:** [cdc.gov/niosh/docs/2010-116](https://www.cdc.gov/niosh/docs/2010-116)
 - **CDC Sun Safety:** [cdc.gov/skin-cancer/sun-safety](https://www.cdc.gov/skin-cancer/sun-safety)