



Preparing for Summer Related Hazards – Sunburns

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

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Are you prepared for the hazards associated with summer health and working conditions? Sunburns hurt in more ways than one. The danger goes far beyond short term pain and redness, as the sunburn fades, the lasting damage remains.



https://commons.wikimedia.org/wiki/File:Sunburn_blisters.jpg

Sunburns are a result of “cooking” the skin, much like you might cook a meal in an oven. It can result in:

- Red skin
- Blisters
- Peeling skin
- Open wounds that could become infected
- Higher risk for skin cancers
- There are 4 types of burns: (sun burns are usually 1st and 2nd degree)
 - **1st Degree** – red dry skin, mild pain
 - **2nd Degree** – red dry skin, moderate pain, potential for blisters, potential for scarring skin grafts or other intensive treatment.

Tips for Prevention and Treatment:

- Wear light-colored clothing
- Cover exposed body parts
- Wear high SPF sunblock or sunscreen, at least SPF 30 is recommended.
 - Reapply throughout the day
 - Reapply if sweat or water washes away protection
- If you get a sunburn – **COOL IT DOWN!**
 - Cool water – not cold for at least 15min.
- Don't use burn creams as they will retain the heat and further the burn
- Cover the burn with light gauze once cool and keep clean.
- Drink lots of Water!
- See a doctor if the burn blisters, gets infected or shows any other symptoms that may be a sign of infection.



Image from Snappygoat.com

Sunburn Facts:

- Fair-skinned employees are more susceptible to sun burns.
- Those who work outdoors for long periods of time are at a higher risk.
- The UV index is a measure of the sun's intensity, the higher the number, the higher the risk.
- You can burn on an overcast day, be careful, even when the sun isn't shining.
- No matter how mild, every burn is a sign of injury to the skin.
- Sun burns can be a sign of higher risk to issues such as heat stress, heat stroke, and heat exhaustion.



Image by Manfred Antranas Zimmer from Pixabay

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