



# Naval Support Activity Monterey / Naval Postgraduate School



## SAFETY GRAM

29 September 2014



### SUN SAFETY



#### **Basic Sun Safety Tips**

- Limit outdoor activities between 10 a.m. and 2 p.m. in the summer months. Therefore, play golf, tennis, swim, etc., in the early morning or late afternoon.
- Wear a good pair of sun glasses to ward off the sun from your eyes and some kind of protection -- the looser the better -- on your head.
- Clouds and particulate matter in the air scatter sunlight. Therefore, you may receive a "surprise sunburn" even on a cloudy day.
- Some drugs & cosmetics -- Tetacycline, diuretics, major tranquilizers -- may increase susceptibility to sunburn because they contain substances that cause the skin to absorb more of the sun's radiation. These "photosensitivity reactions" may also be caused by birth control pills. Your physician can advise you about medications that can cause problems in the sun.

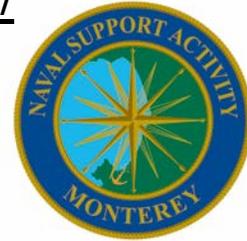
#### **Using Sunblock**

- If you are among those likely to burn, use a sunblock with a PF of 15 or greater. You can use a lower number if you are less likely to burn. An ounce of sunblock will effectively cover your entire body.
- Apply sunblock at least 15 to 30 minutes before venturing out into the sun and re-apply at least every hour. Re-apply more often if you are perspiring heavily or swimming.
- Use sunblocks with higher PFs on areas that need extra protection like the tip of your nose, your ears, your collarbone, the tops of your feet, and your shoulders.
- Do not use sunblock on your lips. Instead, use only sun protection products designed specifically for lips.
- Keep all sunblock and sun medications away from your eyes.





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**SUNBURN RELIEF CHART**

SYMPTOMS	PROBLEM	RELIEF
Deep pink. Heat and Burning.	Mild Sunburn	Cool compresses of equal parts milk and water.
Red, visible strap lines. Itching, stinging.	Moderate Sunburn	Aspirin every 4 hrs., over counter steroid creams.
Bright red. Blisters, fever, chills, nausea	Severe Sunburn	See doctor. Take aspirin and cool baths with 1/2 cup cooked oatmeal added

**More Sunburn Relief Tips**

- Take a cool bath -- not ice cold, but cool -- and don't use bath salts, oil or bubble bath.
- Do not scrub your skin or shave your skin. Use a soft towel and pat your skin dry.
- Use a sunburn remedy containing aloe vera.
- Use a light moisturizer or a dusting of powder to ease chafing.
- Stay out of the sun. If the sunburn is severe or you are blistering, feel faint or nauseous, see a doctor immediately



**YOUR CHILDREN & BEACH SAFETY**

- Babies under 1 year of age should stay out of the sun. Use lightweight, light-colored clothing. Always cover a baby's head with a hat.
- Use sunscreen with a PF of at least 15. Do not use a sunblock with a PF of more than 4 on babies under 6 months old due to the possibility that the baby's skin could absorb the chemical and his or her system could not eliminate it.
- Use extra caution around reflective surfaces.