



Niagara Frontier Transportation Authority

# Sun Safety

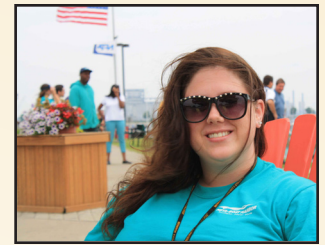
## Protecting Yourself in the Sun

**Subject Overview:** Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected or not. There are no safe UV rays or safe suntans.



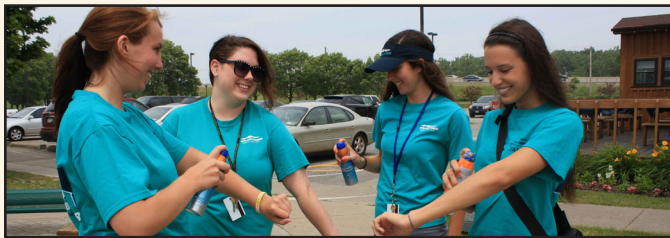
**COVER UP:** Wear tightly-woven clothing that blocks out light. Try this test- place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection

**WEAR UV-ABSORBENT SHADES:** Sunglasses do not have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.



**WEAR A HAT:** Unlike a baseball cap, a wide brim hat is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.

**LIMIT EXPOSURE:** UV rays are most intense between 10 a.m. and 4 p.m. If you are unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.



**USE SUNSCREEN:** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UV and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.

### PREVENTING SKIN CANCER

For more information about preventing, detecting, and treating skin cancer, check out these resources:

- American Cancer Society-[www.cancer.org](http://www.cancer.org) 1-800-ACS-2345
- Centers for Disease Control and Prevention-[www.cdc.gov/cancer/skin/chooseyourcover](http://www.cdc.gov/cancer/skin/chooseyourcover) 1-888-842-6355
- The Skin Cancer Foundation-[www.skincancer.org](http://www.skincancer.org) 1-800-SKIN-490

Reference Resource: OSHA/Occupational Safety and Health Administration Publication OSHA 3166-06R 2003

\*Worksites falling under NYS Dept. of Labor, Div. of Safety and Health (PESH) should reference "The NY Sun Safety Law §218-a."