

Summer Safety Precautions

Tips for outdoor workers

If you are an outdoor worker, summer is a time to take special precautions against exposure to sun, heat and bug bites.

Sun - To protect against the sun's harmful ultraviolet (UV) rays:

- ü *Cover up.* Wear lightweight, tightly woven clothing that you can't see through.
- ü *Use sunscreen.* A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. Be sure to follow application directions.
- ü *Wear a hat.* It should protect your neck, ears, forehead, nose and scalp.
- ü *Wear UV-absorbent shades.* Sunglasses should block 99 to 100 percent of UVA and UVB radiation. Before you buy, read the product label.

Heat - The combination of heat and humidity can be a serious health threat during the summer months. To beat the heat:

- ü Drink plenty of water *before* you get thirsty.
- ü Wear light, loose-fitting, breathable clothing—cotton is good.
- ü Eat smaller meals before work activity.

- ü Skip the caffeine and soda, and drink water instead.
- ü Find out from your doctor if your medications and heat don't mix, and take the proper precautions.
- ü Be aware that equipment such as respirators or work suits can increase heat stress.

Ticks – If you are working in tall grass or wooded areas, you will want to take the following precautions to protect yourself from ticks:

- ü Wear light-colored clothes to see ticks more easily.
- ü Wear long sleeves; tuck pant legs into socks or boots.
- ü Wear high boots or closed shoes that cover your feet completely.
- ü Wear a hat.
- ü Use tick repellents, but not on your face.

- ü Wash and dry your work clothes at high temperatures.
- ü Examine your body for ticks after work. Remove any attached ticks promptly with fine-tipped tweezers. In some regions, ticks may transmit Lyme disease. If you get bit and develop a rash, see your doctor promptly.



Summer safety tips...

[1] Always wear sunscreen and UV-absorbent sunglasses. [2] Stay well-hydrated. Drink plenty of water before you get thirsty. [3] To keep ticks away, wear insect repellent and follow package directions carefully.