



Staying Safe This Summer

Spending time in the sun and participating in outdoor activities can be a lot of fun, but there are some risks to being outside during this time of year. The following tips can help ensure a fun and safe summer:

Warmer Weather

If you enjoy outdoor summer activities, stay safe while out in the heat by:

- Drinking plenty of water
- Taking frequent breaks from activity
- Limiting strenuous activity to the morning and evening hours

Sun Safety

While no one can completely eliminate sun exposure, you can take steps to minimize the damage caused by ultraviolet (UV) radiation:

- Avoid exposure when the sun is hottest: from 10 a.m. to 2 p.m.
- Use a broad-spectrum sunblock lotion with an SPF of 30 or higher
- Reapply sunblock every two to three hours that you are outdoors

Eye Damage

The same UV rays that can damage your skin can harm your eyes, putting you at risk later in life for cataracts and age-related macular degeneration. To reduce your risk, the American Academy of Ophthalmology recommends that you:

- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays
- Wear a wide-brimmed hat, which will shade your eyes and protect the skin on your face

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