



Environmental, Health and Safety News

July 2010

We're Proud of Our Work

Your Safety and Health, Yet Again;
Make it #1 in 2010

Something to Think About

"One of the secrets of life is to make stepping stones out of stumbling blocks."

-- Jack Penn

SUMMER IS HERE - MAKE THE MOST OF IT!

But do it safely!

Tobias Insurance Group, Inc. has started a toolbox talk of sorts that is sent to its clients. A recent issue addressed a very timely topic: **Skin Cancer: Are You Safe in the Sun?**

Sun Damage

Any type of suntan is the result of sun damage caused by exposure to ultraviolet (UV) radiation from the sun. Other types of sun damage include wrinkles, age spots, freckles, tough or leathery skin, dilated blood vessels, sunburn and skin cancer.

The sun emits two types of UV radiation: UVA (which causes aging) and UVB (which causes burning). Both UVA and UVB rays are undetectable to a person sitting in the sun - one cannot feel them on the skin - and both may be damaging on cool, cloudy days as well as sunny days. In addition, both types of radiation cause skin cancer.

Skin Cancer

People are most susceptible to skin cancer when they are exposed to sudden, short bursts of sunlight while in places where the sun is very strong, such as locations near the equator or at very high altitudes.

The following characteristics place people at an even higher risk of developing skin cancer:

- Having a large number of moles on the skin
- Being a redhead, blonde, and/or having blue eyes, fair skin, and freckles
- Difficulty tanning and skin is easily burned
- A family history of skin cancer
- Taking medication that increase sun sensitivity (*Read those precautions*)

Preventing Sun Damage

The easiest way to prevent skin damage and lessen your chances of getting skin cancer is to avoid getting a sunburn. Here are a few tips to help keep you safe in the sun:

- Stay out of the sun between 11 am and 3 pm
- Wear clothes with tightly woven fabric along with a hat that shades your face, neck and ears
- Wear sunglasses whenever you are outside to avoid developing cataracts and damaging your retinas
- Use sunscreen that has at least a 15 SPF (sun protection factor) every day, especially on your lips and tips of your ears and nose
- Remember to apply repeated application while you remain in the sun, particularly after exiting the water
- Avoid using tanning beds; they are just as damaging as the sun
- Carefully protect children from sun damage. Two-thirds of skin damage occurs before age 15

Avoiding excessive sun exposure and sunburn is the best way to protect you from sun damage and skin cancer.

Routinely inspect your skin for any changes, and if you suspect that a spot on your skin is new, or has changed color or appearance, consult a dermatologist immediately.

Live well, Work well: Health and wellness tips for your work, home and life-brought to you by the insurance and healthcare specialists at Tobias Insurance Group, Inc.



