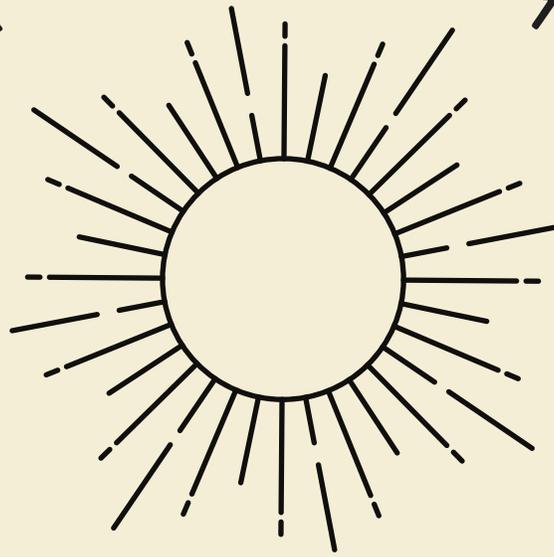


A G H E A L T H 1 0 1



Sun Safety

UNIT 3



GREAT PLAINS
Center for Agricultural Health



Chapter

DISCUSSION QUESTIONS

CHAPTER 1. INTRODUCTION

What precautions do you take to protect yourself from the effects of sun on your skin? Does this change across the year, and if so, how do you know when it is time to increase your protection? We will give you suggestions throughout this unit, but think about what you do now to protect yourself from sunburns and skin cancer.

CHAPTER 2. ULTRAVIOLET (UV) INDEX

If you have a smartphone (or other internet-connected device), locate a weather tool that you may already have installed or find a website that you use for weather. Scroll around to locate where they are reporting the UV index. Share what this looks like with others and see if there is an app that will give you information more easily.

CHAPTER 3. SKIN EFFECTS TO UV RADIATION

Reflect on your level of concern regarding skin cancer, given your history of sun exposure; do you inspect your skin for changes?

CHAPTER 4. SKIN PROTECTION GUIDELINES

Do an inventory of your sunscreen products: What do you use, how do you apply it? Do you need to replace what you bought last summer?

CHAPTER 5. ADDITIONAL RISK FACTORS FOR SUN DAMAGING SKIN

Talk about whether you had considered any sun warning for drugs that you currently take, including over the counter medications. Do a quick internet search of your favorite “sunscreen” and see if there is any warning about sun sensitizers as an ingredient and what to do if you have a reaction.

Chapter I INTRODUCTION

SKIN CANCER and YOU

Skin cancer is more prevalent than breast, prostate, lung, and colon cancers combined.

#1

Skin cancer is the most common type of cancer in the US; farmers are at higher risk than the average American

ULTRAVIOLET (UV) RADIATION

in sunlight is a major risk factor, even on cloudy days.



Farmers get **2-3 TIMES** as much UV radiation as indoor workers

1 IN 5

Americans will develop skin cancer in their lifetime

Chapter 2

ULTRAVIOLET (UV) INDEX

What Does the UV Index Mean?

UV
0 - 2

LOW

Individuals who burn easily should wear sunglasses and apply sunscreen.

Do you burn easily?



MODERATE

Stay in the shade mid-day.
Wear protective clothing and sunglasses.
Apply sunscreen.

UV
3 - 5

Use a minimum of SPF 30.

UV
6 - 7

HIGH

Reduce the amount of time in the sun from 10 am to 4 pm.
Wear protective clothing and sunglasses.
Apply sunscreen and reapply often.

Sunglasses are a form of protection.



VERY HIGH

Minimize time outside from 10 am to 4 pm.
Wear protective clothing and sunglasses.
Apply sunscreen and reapply often.

UV
8 - 10

Mid-day hours have the highest typical UV levels.

UV
11+

EXTREME

A UV index reading of 11 or more means extreme risk of harm from unprotected sun exposure. Take all precautions because unprotected skin and eyes can burn in minutes.

- Try to avoid sun exposure between 10 am and 4 pm.
- If outdoors, seek shade and wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.
- Generously apply broad spectrum SPF 30+ every 2 hours, even on cloudy days, and after swimming or sweating.
- Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.



SKIN EFFECTS TO UV RADIATION

A

ASYMMETRY



One half unlike the other half.

B

BORDER



Irregular, scalloped or poorly defined border.

C

COLOR



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.

D

DIAMETER

OVER 6 MM



While melanomas are usually greater than 6 mm (the size of a pencil eraser) when diagnosed, they can be smaller.

E

EVOLVING



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

SKIN PROTECTION GUIDELINES

1 USE SUNSCREEN

USE ONES WITH AT LEAST 30 SPF



USE BROAD SPECTRUM THAT INCLUDES UVA AND UVB

APPLY 20 MINUTES BEFORE GOING OUTSIDE



RE-APPLY EVERY 2 HOURS



2 WEAR APPROPRIATE CLOTHING

LIGHT-COLORED PANTS AND LONG-SLEEVE SHIRTS.

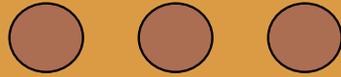


WIDE BRIMMED HATS PROTECT FACE, EARS, AND SCALP.

SUNGLASSES WITH UV PROTECTION.



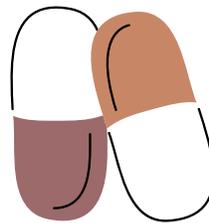
ADDITIONAL RISK FACTORS FOR SUN DAMAGING SKIN



CHECK YOUR MEDICINES

The following might increase sensitivity to the sun, requiring extra protection:

- Antibiotics
- Aspirin and ibuprofen
- Cholesterol medications
- Antihistamines



Discuss any concerns about your specific medications with your healthcare provider.





Sun Safety **RESOURCES**

CHAPTER 1

- See the Skin Cancer and You Poster at <https://gpcch.public-health.uiowa.edu/ag-educators-posters/>

CHAPTER 2

- <https://www.epa.gov/sunsafety/uv-index-scale-0>
- WHO Guidance on UV Index: [https://www.who.int/news-room/questions-and-answers/item/radiation-the-ultraviolet-\(uv\)-index](https://www.who.int/news-room/questions-and-answers/item/radiation-the-ultraviolet-(uv)-index)

CHAPTER 3

- <https://www.aad.org/public/diseases/skin-cancer/actinic-keratosis-overview>
- <https://www.webmd.com/melanoma-skin-cancer/ss/slideshow-sun-damaged-skin>

CHAPTER 4

- Sun Safety Guidance from the U.S. CDC: https://www.cdc.gov/skin-cancer/sun-safety/?CDC_AAref_Val.htm
- American Academy of Dermatology Association: <https://www.aad.org/public/diseases/skin-cancer/prevent/how>

CHAPTER 5

- Here is a helpful paper that discusses medications and includes information on sunscreen ingredients: <https://www.sciencedirect.com/science/article/pii/S0738081X16301389>
- Here is a simplified list: <https://www.webmd.com/skin-problems-and-treatments/sun-sensitizing-drugs>

VIEW THESE LINKS FOR
ADDITIONAL RESOURCES
AND INFORMATION ON
THE CONTENT
PRESENTED IN THIS UNIT.

