



PIPEFITTERS

ELECTRICIANS

CARP. ~ LAB

IW ~ BM ~ OP

NSC ~ JULY, 2015 SAWHORSE ADVISORY #2

Continuing our effort to ensure that our workforce remains as safe as humanly possible, both on and off the **NSC** worksites, the management of **NSC** is pleased to offer this **SAWHORSE ADVISORY** addressing Sun Exposure and Skin Safety.

The Federal Government, through a number of agencies, including but not limited to the National Institute for Health (NIH) and the Center for Disease Control (CDC) offers a considerable amount of information regarding to this subject. In addition, most state and local governments along with many independent health organizations offer similar tips.

The American Cancer Society promotes the slogan “Slip! Slop! Slap!® and Wrap”; recommending that we:

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses to protect your eyes and the sensitive skin around them.

Some specifics on the above of special importance are:

- Cover up as much skin as possible when you are out in the sun with clothing and a wide brim hat, even on cool or cloudy days
- Use a broad spectrum sunscreen with SPF of at least 30, which protects from both UVA and UVB rays. Be sure to reapply at least every 2 hours, as well as after swimming or sweating
- Find shade and try to limit your sun exposure between the strongest UV ray hours of 10:00 a.m. and 4:00 p.m.
- Wear sunglasses that block at least 99% of UV light
- Note that sunscreens may be “water resistant”, but they are not “waterproof” or “sweatproof” ~ be sure to reapply as directed
- Avoid tanning beds and sunlamps.

For families with children, pediatricians recommend a “physical” or “chemical free” sunscreen made with zinc oxide or titanium oxide. These products sit on the skin and start protecting as soon as they are applied.

Wishing you and your family a safe and protected summer season,

Your NSC Management Team