

Safety-Gram

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Summer is a **FUN** time,
so make it a **SAFE** time!

Sun Exposure

- Stay in shade when possible, and limit sun exposure during peak intensity hours between 10 am and 4 pm. Remember even on overcast days the sun's UV rays can get through the clouds.
- Use sunscreen with an SPF of 15 or greater to protect against UV rays on both sunny and cloudy days.
- Reapply sunscreen every 2 hours, or after swimming or sweating.

Activities/Exercise

- Avoid midday sun by doing your exercises/activities in the morning when it's likely to be cooler.
- Wear lightweight, loose fitting clothing to help air pass over your body. Avoid dark-colored clothing which can absorb the heat.
- Drink plenty of water even if you don't feel thirsty. Avoid alcohol and caffeine, which can dehydrate the body.

Enjoy Summer Activities with **SAFETY** in Mind!