

# Pinnacol Pointers for Safety Group Programs

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**PINNACOL**  
ASSURANCE

*Editor's Note: Safety Group Program Monthly Newsletter Article – April 2018  
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## **Staying Safe in the Sun**

Did you know that outdoor workers are up to 3.5 times more likely than indoor workers to develop skin cancer? Employees who work outdoors also are at a higher risk of experiencing heat stress, which can bring on rashes, cramps, fainting spells, exhaustion and even heat stroke. These five sun safety tips can guide you in safeguarding your employees:

1. Wear on sun-protective clothing.
2. Apply SPF 30+ sunscreen.
3. Cover your head with a sun hat.
4. Protect your eyes with quality sunglasses.
5. Shade yourself from the sun whenever possible.

UV radiation from the sun reflects off water, sand, concrete, light-colored surfaces and snow, which can harm the eyes. These surfaces can considerably increase the strength of the sun's damaging rays, so employees who work in these areas should exercise extra precaution.

### **Important to Know**

- Sunlight exposure is highest during the summer and between 10:00 a.m. and 4:00 p.m.
- Workers are exposed to UV radiation even on cloudy days.
- Many drugs and medications increase sensitivity to sunlight and the risk of sunburn. These include thiazides, diuretics, tetracycline, doxycycline, sulfa antibiotics and nonsteroidal anti-inflammatory drugs, such as ibuprofen.

### **Is your workplace sun-safe?**

- Consider a sun and heat safety policy and include responsibilities in job descriptions.
- Sync scheduled breaks with times when sunlight exposure is greatest, and provide shade, water and protective equipment.
- Provide your workers with practical information, resources and training.
- Schedule employee screenings and encourage self-exams for sunburn and skin cancer.

### **Pinnacol and other resources**

For information and standards that can improve your organization's sun safety, visit the [Occupational Safety & Health Administration \(OSHA\)](#), [Centers for Disease Control and Prevention](#), [American Academy of Dermatology](#) and [American Cancer Society](#) websites. For

workplace posters, forms, online training and more, visit Pinnacol's [Knowledge Center](#). Or contact Pinnacol's Safety On Call at [safetyoncall@pinnacol.com](mailto:safetyoncall@pinnacol.com) or 303.361.4700. Our Safety Services team stands ready to answer questions and help keep your workforce safe from the sun's hazards.

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