



Safety Tips

A five minute training Series for PCOs.



Avoiding Sun Exposures

The number of new cases of melanoma found in this country is on the rise. According to the American Cancer Society, approximately 51,400 people will develop a case of melanoma in the United States this year. About 7,800 people will die of this cancer. Cancer of the skin is the most common type of all cancers. Melanoma accounts for about 4% of skin cancer cases, but causes about 79% of skin cancer deaths. About half of all melanomas occur in people over the age of 50. However, young people (ages 20 to 30) can also have melanoma. In fact, melanoma is one of the most common cancers in people less than 30 years of age.

Protect yourself with clothing, including a shirt, sunglasses, and a hat or bump hat. Use sunscreens with a sun protection factor (SPF) of 15 or more on exposed skin. People with fair skin who burn easily should be very careful to use sunscreen. Many sunscreens wear off with sweating and swimming, and therefore should be reapplied frequently. Sunscreen should be used even on hazy or cloudy days because the UV rays still come through. Tanning beds and sun lamps are not recommended because they deliver UV light directly.

According to the American Optometric Association, sunglasses can protect your eyes against the harmful rays of the sun. To provide adequate protection sunglasses should: 1) Block out 99 to 100 percent of both UV-A and UV-B radiation; 2) Screen out 75 to 90 percent of visible light; 3) Be perfectly matched in color and free of distortion and imperfection, and; 4) Have lenses that are gray, green or brown. If you wear contact lenses, you can now enjoy an added measure of protection. Contact lenses are now available with a UV blocking feature. These contact lenses should not be worn in place of your sunglasses, but do provide additional protection by blocking much of the UV radiation that can seep in from above and below your sunglasses. It is also a good idea to wear a hat or cap with a wide brim if you are in the sun. Sunglasses that are worn while you participate in eye hazardous work or sports should be made of 2mm thick polycarbonate.

Ideally, wear safety glasses with UV protection all of the time for full eye protection, a hat, and clothing or sunscreen with SPF of 15 or more.

