

Worksite: _____ Instructor: _____ Date/Time: _____

TOPIC C247: SUNSCREEN (PPE)

Introduction: Over-exposure to the Sun's will cause sunburn. It's very important to protect your skin because it shields the rest of your body from potentially harmful Ultra-Violet (UV) or Infra-Red (IR) radiation from the Sun's rays. Sunscreen may be considered Personal Protective Equipment when used to defend against over-exposure from "photon" radiation.

The type of skin pigmentation (melanin) a person has, and the amount of unprotected exposure to UV and IR rays, will determine the degree of skin reaction. Initially, the skin becomes red, painful and maybe even slightly swollen; later, blisters can form and the skin may peel or flake.

The best – and most obvious – way to prevent sun damage is to stay out of strong, direct sunlight without preparation and protection.

- Proper clothing and even ordinary window glass filters out virtually all damaging UV sun-rays
- Clouds and fog are not good UV filters, you can still sunburn on cloudy or foggy days
- Snow, water and sand reflect sunlight, which magnifies the amount of UV light that reaches your skin
- Over-the-counter rub-on ointment and cream preparations help protect your skin from these harmful rays

Sunscreens: Before being exposed to strong, direct sunlight, you should apply sunscreen, an ointment or cream containing chemicals that protect the skin by filtering out the UV rays. Many sunscreens are either waterproof or water-resistant. Most current sunscreens contain a chemical called benzophenone that provides protection against a broad range of UV rays.

Sun blocks: Are effective against burns in areas of the body that are exposed to continuous, direct sunlight such as the nose, lips and cheeks.

Still other sunscreens use physical barriers such as titanium dioxide or zinc oxide to protect your skin. These thick white ointments block sunlight from your skin. They're generally used for small sensitive areas, such as your nose and lips. In the United States, sunscreens are rated by their SPF, or sun protection factor, the higher the number, the better the protection. Sun screens with SPF ratings of 15 or more block most UV rays, but no see-through sunscreen can block all UV rays. Most brands tend to block only UVB rays, but UVA rays can also damage your skin. Some of the newer type's sunscreens are effective against both UVA and UVB rays, so check the labels for these protections when purchasing them.

Healing: Sunburned skin begins to heal by itself within several days, but complete healing may take weeks. Skin surfaces rarely exposed to sunlight tend to burn easily because they have less pigment. They can be particularly uncomfortable and slow to heal. Sun-damaged skin makes a poor barrier against infection, and if one develops, healing may be delayed. After burned skin peels, the new layer of exposed skin is thin and initially very sensitive to sunlight, and may remain that way for several weeks.

Conclusion: People who are in the sun a lot have an increased risk of skin cancers. Sunburn also hampers the body's natural cooling process, perspiration. Wearing light-colored cotton clothing helps reflect bright sun-light, a broad-brimmed hat helps shade your head and neck, a wet bandana around your neck helps keep you cool, and wearing the appropriate sunscreen or sun-block helps you cope with the hot sun and avoid the discomfort of a painful sunburn.

Employee Attendance:(Names or signatures of personnel who are attending this meeting)

These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.