

Sun Safe Behaviors

Check the UV Index daily (epa.gov/sunsafety)

- Higher number = greater UV
- Take more precautions on high UV days (6-11+)

PRECAUTIONS:

Work or Take Breaks in the Shade

- Bring portable shade with you.
- Look for natural shade nearby.
- Vehicles can provide some shade.
- Attach shade devices to heavy equipment.

Wear Sunglasses

Cover Up with Long Sleeves & Long Pants

Wear a Hat with a Brim

- Wide brims provide better protection.
- Attach a flap to the back of a hard hat.

Apply Sunscreen and Lip Balm

- Use SPF 30 or more.
- Apply in the morning & reapply at midday.
- Slop it on! Use more than you think you need.

AND...detect signs of skin cancer early

Examine your Skin

- Watch for moles and other spots.
- Report skin changes to your doctor.

Do not depend on sunscreen alone. Combine sunscreen with hats, sunglasses, long sleeves, long pants, and shade to protect against the sun's UV radiation.

Sun Safe Goals

People who set solid goals are more motivated to reach the goals they have set. Setting goals can lessen your stress and increase your confidence because you know clearly what you want to do.

Write Your Own Sun Safety Goal

Set a goal to improve on your sun safety behaviors. Follow the steps below to write a solid goal related to sun safety.

1. Write your general goal. (Start with "I will...")
2. Now make the goal more specific by making it measurable. (By July 4th, I will have eaten lunch in the shade or inside 4 out of 5 days each week)
3. Add a completion date! (When you want to have accomplished your goal)
4. Write your new and improved goal here.



Learning to Work
Sun Safe

Personal Risk Assessment

Your risk of getting harmed from sun exposure is the sum of three important components:

- Your Skin Type**
 - + Where you live and work**
 - + How you protect yourself**
- Personal Risk Factor
For Sun Damage**

What's Your Risk of Skin Damage?

Directions: For each question there will be a number score next to the answer you choose. Please write the number in the score column on the right hand side of the paper. At the end of the questionnaire, add up your score for each question. The total score will tell you your personal risk for skin damage.

	SCORE
1. When I go outside and it is sunny: a.) I wear sunscreen: Always 1 Sometimes 2 Never 3	
b.) I wear a hat with a brim to protect myself from the sun: Always 1 Sometimes 2 Never 3	
c.) I wear sunglasses to protect my eyes from the sun: Always 1 Sometimes 2 Never 3	
d.) I stay in the shade to protect myself from the sun: Always 1 Sometimes 2 Never 3	
e.) I wear clothes covering most of my body (such as long pants, long-sleeved shirts) to protect myself from the sun: Always 1 Sometimes 2 Never 3	
f.) I intentionally go out in the sun to get a tan: Always 3 Sometimes 2 Never 1	
2. Does anyone in your immediate family (parents, grandparents, brothers, or sisters) have or ever had skin cancer? NO 1 YES 3	
3. What is the natural color of your hair? Dark Brown-Black 1 Light-Medium Brown 2 Red or Blond 3	

Behavioral Questions



- 17-29: I AM AT LOW RISK but I still need to watch myself to prevent sunburns.
- 30-41: I AM AT MEDIUM RISK so I need to protect myself with protective clothing & sunscreen.
- 42-53: I AM AT HIGH RISK so I really need to be extra careful and protect my skin in the sun all the time.

Genetic Questions

	SCORE
4. What is the color of your untanned skin? Dark Brown 1 Light Brown 2 Medium White 3 Fair White 4	
5. How many times in your life have you had a severe sunburn that blistered? 0-2 1 3-5 2 6-10 3 More than 10 4	
6. How many moles do you have that are bigger around than a pencil eraser? None 1 Some 2 A lot 3	
7. How many freckles do you have? None 1 Few 3 Many 5	
8. When I go out into the summer sun for the first time: I never burn 1 I sometimes burn 2 I always burn 3	
9. My skin: Tans easily 1 Will tan if I work at it 3 Does not tan 5	
10. I live at this elevation: 0-4999 ft. 1 5000 ft. or higher 2	
11. Using the World Map below, find the area you have lived for most of your life: Area 1 1 Area 2 2 Area 3 3	
TOTAL:	

Environmental Questions