



Sunburn

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ☀ Use a sunscreen with a Sun Protection Factor (SPF) of at least 15.
- ☀ Some types are waterproof, but even so, you should reapply the sunscreen every two hours.
- ☀ Use sunscreen on cloudy days, too.
- ☀ It may be slightly uncomfortable in the heat, but you should wear a long-sleeved shirt and long pants.
- ☀ Also put on a hat with a large brim and wear sunglasses.
- ☀ If you have a choice, stay in the shade. Beach umbrellas will protect you from some of the sun exposure. They are actually very comfortable on sunny days.
- ☀ Remember that children's skin is even more sensitive than yours. They can start wearing sunscreen by the time they are six months old. Even so, minimize their exposure.
- ☀ Avoid tanning parlors.
- ☀ The sun is strongest between 10 a.m. and 4 p.m. Hit the beach early, use the main part of the day for other activities, then go back later in the afternoon.

www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx



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