EPA Sun Safety Tips

The start of summer is a time to remind people about the dangers from exposure to the sun's harmful rays. Melanoma, the most serious form of skin cancer, is on the rise in America and is the most common cancer among young adults aged 25-29. The U.S. Environmental Protection Agency's (EPA) SunWise program and the National Council on Skin Cancer Prevention have partnered to provide simple tips on protection that could save lives.

"Many people still do not realize that unprotected sun exposure can lead to skin cancer and other health problems," said Gina McCarthy, administrator for EPA’s Office of Air and Radiation. "Simple steps such as using sunscreen, putting on sunglasses or wearing a hat can protect us and our families, while still enjoying the great outdoors."

One American dies from skin cancer every hour. It is the most common type of cancer in the U.S., where skin cancer affects more than two million people each year, outnumbering the cases of breast, prostate, lung and colon cancers combined. One in five Americans will develop the disease in their lifetime. Overexposure to ultraviolet (UV) radiation from the sun is the main cause of skin cancer.

Although skin-cancer risk factors are always present, even during the winter, the dangers are greater during the summer months when the days are longer and more people are outside for longer periods of time. As millions of Americans kick off the summer season by enjoying the great outdoors, EPA encourages families to learn about sun-safe practices and to reduce exposure to UV.

EPA encourages Americans to take these few easy precautions when outside:

- **Slip, Slop, Slap, and Wrap:** Slip on a shirt. Slop on SPF 15+ sunscreen. Slap on a hat, and wrap on sunglasses to protect your body from overexposure to the sun.
- **Seek shade:** Find shade during the sun's peak hours between 10 am and 4 pm to reduce the risk of too much sun exposure.
- **Check the UV Index:** When planning outdoor activities, check the UV Index (www.epa.gov/sunwise/uvindex.html) to identify the times that pose the greatest risk for overexposure to the sun.

EPA's SunWise program is the nation's largest environmental and health education program designed to encourage kids and their caregivers to practice safe sun habits.

-Environmental Protection Agency (EPA)

Additional information maybe found at the following websites

**EPA SunWise Program:** [www.epa.gov/sunwise/](http://www.epa.gov/sunwise/)

**EPA UV Index:** [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html)

**CDC Skin Cancer Prevention:** [www.cdc.gov/cancer/skin/basic_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm)

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West Nile Virus: Fight The Bite

Unfortunately, West Nile Virus (WNV) is here to stay and everyone is at risk. Protect yourself and your family from the threat of WNV by following these simple guidelines:

- Limit outdoor activity at dawn and dusk-this is when mosquitoes are most active. If you must be out at that time, wear long sleeves and pants and use a mosquito repellent.
- Use an EPA-registered insect repellent containing DEET, or DEET-free picaridin, or oil of lemon eucalyptus on all exposed skin before going outdoors.
- Drain standing water around your home weekly to reduce mosquito habitats-this includes flowerpots, buckets, wading pools, rain gutters, tires, toys, puddles and bird baths.
- Keep shrubs, bushes and trees pruned-the added light and airflow deter mosquitoes from hiding there during the day.
- Replace outdoor lights with yellow lights. Yellow bulbs attract fewer insects than standard white light bulbs.
- Reduce all dense under-growth around your home and keep the lawn mowed short.

Foothills Lab Parking Lot Construction Website

[www.fin.ucar.edu/fms/flpaving.html](http://www.fin.ucar.edu/fms/flpaving.html)

**Upcoming Safety Classes:**

- **9-12-2011**
  - Workplace Harassment Awareness
    1:30pm - 3:30pm ML Main Seminar Rm

- **9-13-2011**
  - Fire Extinguisher
    10:00am - 12:00pm RAF Conf Rm
  - CPR Recertification
    1:00pm - 5:00pm RAF Conf Rm

**Register @:**

HR website: [www.fin.ucar.edu/hrisConnect/employee](http://www.fin.ucar.edu/hrisConnect/employee) or by calling Betty Singleton @ x2005.

**Safety Committee:**

- **ACD/NESL** Peter Harley x1863
- **CISL/IMA** Joan Fisher x1207
- **COMET** Hildy Kane x8306
- **HR** Cyd Perrone x8710
- **RAF** Inger Barron x8403
- **SaSS** Elizabeth Kriete x8556
- **UCP/FL** Tim Gendorf x2659
- **DIR/Library/ASP** Cindy Worster x1101
- **F&A** Kelly Box x8558
- **RAF/EOL** currently open
- **RAL** Diane Simmons x2136
- **SaSS** Bob Wiley x8554
- **EOL/TIMES** Sandra Thurn x2069
- **E&O** Natalie Culkin x2585
- **F&A** Matt Pinter x2522
- **MMM** Charlie Knight x8940
- **SaSS** Steve Sadler x8550
- **SaSS** Anna Vasilyeva x2409
- **CGD/NESL** Adam Phillips x1726
- **SOARS** Karen Smith Herman x2590
- **HAO/NESL** Don Kolinski x1548
- **FM&S** Dave Maddy x1134
- **SaSS** Milenda Powers x8625
- **Security** x1139

**Links and Emergency Numbers:**

[**Safety and Security Hotline** x1100](tel:+1)

[**Security** x1139](tel:+1)

[**Track emergencies online**](https://wiki.ucar.edu/display/incident/Home) [**Emergency x911**](tel:+1)

[**Emergency @ RAF** x9911](tel:+1)

Comments, questions, suggestions may be directed to Bob Wiley @ x8554 or rwiley@ucar.edu