STAY SAFE
IN THE
SUN

1. Use sunscreen with an SPF of 15 or more that provides UVA and UVB protection.
2. Apply sunscreen 30 minutes before exposure to the sun.
3. Wear a wide-brimmed hat, tightly woven long-sleeved shirt and long pants when outdoors.
4. Reapply sunscreen every 2 hours and after swimming or sweating heavily.
5. Cover your ears, lips, back of the neck, throat, back of the hands and tops of the feet.
6. Stay inside or in the shade between 10 a.m. and 4 p.m.
7. Avoid UV rays from tanning lamps and booths. They cause damage to the skin similar to the sun.
8. Wear sunglasses with 100% UV protection.
9. Remember that children over 6 months old need the same skin protection. Keep infants under 6 months old out of direct sunlight and do not apply sunscreen.

1. When biking, always wear a helmet and bright colors. Obey the same traffic signs and signals that cars do. Ride single-file.
3. In a thunderstorm, immediately seek shelter, such as a building or a car. Don't take shelter under a tree, and avoid open water. Put down metal items you are carrying.
4. Play outdoor sports in safe areas, away from traffic. Wear proper protective gear.
5. Drink plenty of water when working or playing outdoors. Take breaks in the shade to keep from becoming overheated.
6. To prevent insect bites when hiking, apply an insect repellent. Avoid using perfumes and scented lotions. Wear protective clothing: long pants and long-sleeved shirts plus shoes with socks.
7. When boating, be sure everyone wears a personal flotation device. Don't boat in bad weather or near swimmers and water skiers.

The City University of New York
Office of Human Resources Management
Central Office Human Resources Wellness Program