



Sun Safety in Construction

A crucial aspect of our work that sometimes doesn't get the attention it deserves: sun protection. As we head into the warmer months, it's essential to be mindful of the risks associated with sun exposure and to take proactive measures to protect ourselves. Whether you're working outdoors all day or just stepping out for a short while, sun safety should be a top priority.

Hazard

Let's understand why sun protection is so important. Prolonged exposure to the sun's harmful UV rays can lead to serious health issues, including sunburn, skin aging, eye damage, and even skin cancer. Construction workers, who often spend extended periods outdoors, are at a higher risk of these health problems if proper precautions are not taken.

It's crucial to recognize the early signs of sun-related illnesses. Symptoms of overexposure to the sun may include redness and pain in the skin (sunburn), dehydration, fatigue, dizziness, and nausea. Ignoring these signs can lead to more severe conditions, so it's essential to take them seriously.

Hazard Controls

There are some practical steps we can take to protect ourselves from the sun's harmful effects:

- Wear appropriate clothing: Opt for lightweight, loose-fitting clothing that covers as much skin as possible. Long sleeves, pants, can provide excellent protection.
- Use sunscreen: Apply a broad-spectrum sunscreen with an SPF of 30 or higher to all exposed skin, including the face, neck, and ears. Remember to reapply every two hours, especially if you're sweating heavily or working near water.
- Seek shade: Whenever possible, take breaks in shaded areas to give your body a chance to cool down and recover from the sun's rays.

- Wear safety glasses with sun protection: Protect your eyes from UV damage by wearing safety glasses that block 99-100% of UVA and UVB rays.
- Stay hydrated: Drink plenty of water throughout the day, even if you don't feel thirsty. Dehydration can exacerbate the effects of sun exposure, so it's essential to keep your body hydrated.

Let's make a commitment to look out for one another. If you notice a coworker showing signs of sun overexposure, encourage them to take a break, seek shade, and rehydrate.

CONCLUSION

Sun protection is not just about avoiding sunburn; it's about safeguarding our long-term health and well-being. By following these simple yet effective sun safety measures, we can reduce our risk of sun-related illnesses and stay healthy and productive on the job.

