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SIP TIP: HAVE FUN IN THE SUN SAFELY

June 2005

Prepare for the Summer Construction Season by Protecting Your Skin

Skin cancer should be of particular concern to every construction worker because of the amount of sun exposure during the spring and summer months. The danger comes from the sun itself. Just as a technician covers your body with a lead shield before taking x-rays, you have to cover your skin with sun screen before exposing yourself to solar radiation.

In order to minimize the risk of skin cancer, the Centers for Disease Control and Prevention (CDC) has a few basic recommendations to follow:

1. Avoid sun exposure between 10:00 am and 3:00 pm, whenever possible.
2. Protective clothing such as long sleeves, long pants, high socks and gloves act as a barrier between the skin and the sun.
3. Wear a wide brimmed hat, cap flap or the flap on cap. A baseball type hat will offer the least amount of protection. (Baseball hats do not protect ear tips, temples or back of the neck.)
4. Use a sunscreen with sun protection factor (SPF) of 15 or more while working outdoors. Reapply the sunscreen every two hours

Laborers' Health & Safety Fund Campaign for "Sun Sense"

The month of May was Skin Cancer Prevention Month, and the Laborers' Health and Safety Fund of North America (LHSFNA) Health Promotion Division used the occasion to conduct its annual Sun Sense campaign, an all-out effort to alert Laborers to the solar danger in outdoor summer work. The Division gathers and distributes a wide array of protection products and information to Laborers' International Union of North America (LIUNA) training centers, local unions and interested signatory contractors. Among the products available are neck flaps, sun screen towelettes and lip balm. In addition, the Division has posters, bookmarks and health alerts that explain or amplify the message.



This year, the campaign is bolstered by the publication of four new skin cancer awareness posters. The vivid, full-color posters, each 12 X 18 inches, make the point that sunscreen and other sun protection products should be part of every outdoor workers' personal protective equipment. Unions and signatory contractors can call 202-628-5465 to request a materials order form or open an on-line account.

REMINDER: IT'S ONLY COMMON "SUN SENSE" TO PROTECT YOUR SKIN