



## **Working in the Sun!**

Here in Florida, we are exposed to an abundance of sunshine year-round. Therefore, it is enormously important that our employees and our customers take the proper precautionary steps to protect themselves from the elements.... Sun and Heat! Why? Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, **the most common of all cancers**. Sunlight exposure is highest during the summer and between 10:00 a.m. and 4:00 p.m. Working outdoors during these times increases the chances of getting sunburned and long-term exposure can lead to some types of skin cancer.

Another factor that is critical to your health safety is heat stress prevention. Working outside in this oppressive Florida heat can do severe damage to your body and internal organs. The main thing to do prevent heat stress is to **stay hydrated**... Drinking enough fluids is one of the most important ways to avoid heat illness. Please do not rely on thirst to tell you when you are dehydrated—thirst lags behind dehydration by several hours. You should drink one cup (8 ounces) of water every 15–20 minutes while working in the heat. If you do feel any signs of heat illness, please get to a cooler, air-conditioned place. Continue to drink water, place a cold wet towel around your neck or douse yourself with icy water to lower your body temperature.

Your health and wellbeing are especially important to us here at Kimal Lumber, so for the month of August the Kimal Kate promotion is focused on **Safety in the Sun**. At each of our lumber yard locations, we will be giving out free "credit card size" SPF 30 sunscreen spray. So, If you are working outside, you should follow these recommendations for protection from UV damage from sun exposure:

- Wear sunscreen with a minimum of SPF 15.
- Old sunscreens should be thrown away because they lose their potency after 1-2 years.
- Sunscreens should be liberally applied (a minimum of 1 ounce) at least 20 minutes before sun exposure.
- Sunscreens should be reapplied at least every 2 hours and each time a person gets out of the water or perspires heavily.
- Follow the application directions on the sunscreen bottle.
- Workers should also wear wide-brimmed hats and sunglasses with almost 100% UV protection and with side panels to prevent excessive sun exposure to the eyes.

Reading all this information regarding sun safety can help you or just make you.... Well Red!

Be Safe!!

Clark Willis

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