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SAFE OPERATING PROCEDURES

Sun Exposure

SOP 10-18

1. Check the Ultraviolet (UV) Index daily.
 - Note: The Ultraviolet (UV) Index predicts the ultraviolet radiation levels on a 1-11+ scale.
 - The UV Index provides a daily forecast of the expected intensity of UV radiation from the sun. (<https://www.epa.gov/enviro/uv-index-search>).
 - Take additional safety precautions on high UV days (6-11+).
2. Wear protective garments such as a wide-brimmed hat, a bandanna for your neck, and long-sleeve shirts and pants that are difficult for the ultraviolet rays to penetrate.
3. Wear sunglasses to protect the eyes from harmful UV light. Safety sunglasses are available from Central Inventory.
4. Use sunscreens to help prevent skin cancer as well as premature aging of your skin. Apply sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 30 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after sweating.
5. Use caution near water, snow, and sand as they reflect the damaging UV rays of the sun which can increase the chances of sunburn.
6. Work and/or rest in shaded areas where possible to reduce sun exposure..
7. Bring portable shade devices to worksites such as canopies, tarps, and tents.
8. Vehicles and equipment can provide some shade if available.
9. Attach shade devices to heavy equipment to reduce sun exposure.
10. Avoid using indoor sunlamps, tanning parlors, or tanning pills.
11. Conduct routine self-examination of your skin to note any moles, blemishes, or spots. Check these areas once a month and note any changes in size, shape, or color, or if a sore does not heal, see your physician without delay.

Related SOP's

General SOP's.....Chapter 10