

EMPLOYEE TRAINING RECORD

TRAINING TITLE Sunburn, Sun Exposure Can No Longer Be Considered Insignificant Problems

KEY TEACHING POINTS

- It is that time of the year again - time to consider protection from outdoor elements, especially the sun. Sunburn and sun exposure are no longer considered insignificant. Deaths have resulted from acute sun exposure and significant temporary disability is experienced by millions of sunburned people each year. In addition, skin cancer is on the rise.
- The following precautions, offered by Blue Cross and Blue Shield of North Carolina, can decrease the risk for skin cancer. These precautions are especially important for people who have fair skin, a family history of skin cancer, or history of excessive exposure to the sun, especially in childhood.
 - Wear sunscreen with a sun protection factor (spf) of 15 or higher. Very effective sun screens have been developed that protect from UVA and UVB (long and short wavelengths of ultraviolet light), which are components of sunlight responsible for burning and cancerous changes in the skin.
 - Wear hats and clothing that cover your skin.
 - Wear sunglasses that provide ultraviolet (UV) protection.
 - If possible, stay out of the sun during the most intense times of the day. Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melamin, to protect the skin.
- Sunburn in a very light-skinned person may occur in less than 15 minutes of noonday sun exposure, while a dark-skinned person may tolerate the same exposure for hours.
- Unlike a thermal burn, sunburn is not immediately apparent. By the time the skin turns red, the damage is done. In sever sunburns, blistering of the skin may occur.
- Toxins are released with sunburn and fever is not uncommon.
- Consult a healthcare provider if there is a fever, fluid-filled blisters, dizziness or visual difficulties accompany a sunburn.

TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 Wear sunscreen with a SPF of 15 or higher.		
2 Wear hats and clothing to cover your skin.		
3 Wear sunglasses that provide UV protection.		
4 Sunburn may occur in less than 15 minutes.		
5 Consult a healthcare provider if there is a fever, fluid-filled blisters, dizziness or visual difficulties accompany a sunburn.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE