Sun Safety Tips

In Canada, there are many places with a high number of extreme heat events or heat waves during the summer season. It is important to protect yourself against health illnesses from the sun. Health illnesses caused by being overexposed to extreme heat can lead to long-term health problems and even death. Long exposure to the sun can result in heat edema, rash, cramps, fainting, exhaustion, and stroke.

Sun safety tips

- Wear sunglasses when you are going out. Make sure to choose them properly to protect your eyes against damage from ultraviolet (UV) radiation and visible light.
- Plan to be outside in the early morning or late afternoon. As much as possible, keep out of the sun and heat between 11 a.m. and 4 p.m., when the sun’s rays are strongest.
- Cover up by wearing light coloured, long clothing, and a hat with a wide brim made from breathable fabric.
- Always take an umbrella to the beach.
- Use a sunscreen lotion or cream that is SPF (Sun Protection Factor) 15 or more. Make sure to use a sunscreen that says "broad-spectrum" on the label. It will screen out most UVA and UVB rays.
- Remember to put sunscreen on your skin 20 minutes before, and reapply 20 minutes after being out in the sun. Don’t forget your lips, ears and nose. These parts of your body burn easily.
- Sunscreen gets washed off by water and sweat, so reapply.
- Maintain your hydration—drink lots of water.

*source: http://www.canada.ca/en/health-canada
Heat Stress

Heat stress can occur wherever work involves heavy physical labour in hot, humid environments. The locations may be indoors or outdoors. Clothing, including protective clothing, can also contribute to the problem.

Heat stress causes the body's core temperature to rise. A series of disorders can develop, ranging from discomfort and pain (heat rash and heat cramps) to life-threatening conditions (heat exhaustion and heat stroke).

When too much sweat is lost through heavy labour or working under hot, humid conditions, the body doesn't have enough water left to cool itself. The result is dehydration. Core temperature rises above 38°C and as a result a series of heat-related illnesses, or heat stress disorders, can develop.

WHY HEALTH & SAFETY NEWSLETTER?

Health and Safety is a priority at BCIT. OHS newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.

Please visit the Safety and Security Office at the North End of SW01 for printed copies of the newsletters.

To submit ideas or suggestions for future installations, please contact OHS Office.