

Local Government Risk Management Services



*A Service Organization of the Association County
Commissioners of Georgia and The Georgia
Municipal Association*

Here Comes the Sun



LGRMS
RISK CONTROL
ACCG | GMA

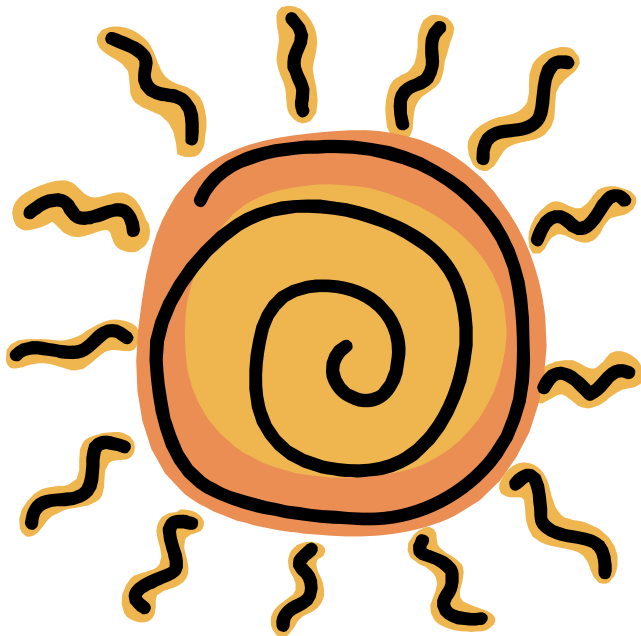
Local Government Risk Management Services
A service organization of the ACCG & GMA

Part of Our Daily Lives

- Most living creatures rely on sunlight
- Fuels food sources
- We need the sun to produce Vitamin D
 - Absorbs calcium
- Any outdoor activity results in exposure



The Sun's 'Dark Side'



- UVA Rays
 - Long rays
 - Penetrate deeper into skin
 - Intensity doesn't change
- UVB Rays
 - Short rays
 - Bounce off skin
 - Most intense during the summer months

Types of Skin Cancer

- Basal Cell
 - Most common form
 - Face and ears
- Squamous Cell
 - Sun exposed areas
- Melanoma
 - Most dangerous form

Basal cell carcinoma



Squamous cell carcinoma



© Healthwise, Incorporated



Normal

Melanoma

Symmetrical



Asymmetrical



Borders even



Borders uneven



Color uniform



Color variation



Diameter <6mm



Diameter >6mm



Photos from The Skin Cancer Foundation: <http://www.skincancer.org/the-abcdes-of-melanoma.html>



Prevention ABCs

- Away
 - Stay out of the midday sun whenever possible
- Block
 - Wear at least a 30 SPF sunscreen whenever you go outside
- Cover up
 - Wear wide brimmed hats and sunglasses

Sunscreen - Lather Up!



- Apply generously at least 20 minutes before sun exposure
- Reapply every 2 hours
 - Every hour if 'water resistant'
- Replace sunscreen every year

A Sunburn IS a Burn

- 1st Degree
 - Reddened skin
- 2nd Degree
 - Blistering
- 3rd Degree
 - Death of skin tissue

First degree
burn



Second degree
burn



Third degree
burn



TRUE or FALSE??





*I don't need to wear
sunscreen because it is cloudy
outside*

FALSE!



*I don't need to wear
sunscreen because I have
dark skin*

FALSE!



*I should put on sunscreen
before I apply my
make-up*

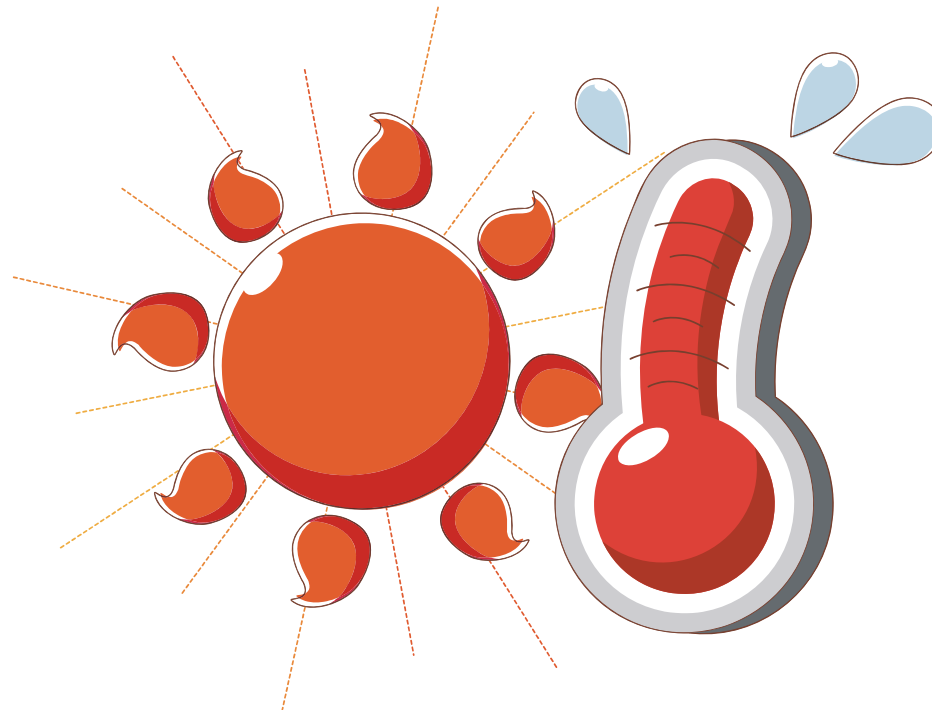
TRUE!



*Heat is the number one
weather related killer in the
United States*

TRUE!

Heat Wave



NOAA's National Weather Service

Heat Index

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

□ Caution

■ Extreme Caution

■ Danger

■ Extreme Danger



Hazards of Excessive Heat

- Heat related illnesses may develop when:
 - The body heats too quickly to safely cool itself
 - A person loses too much fluid or salt through sweating or dehydration
- The severity of heat disorders tends to increase with age
- A sunburn can substantially hinder the skin's ability to shed excess heat

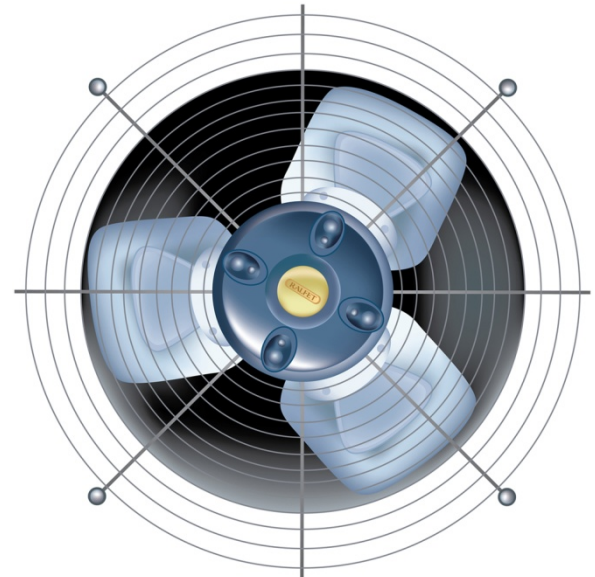
Heat Disorder Symptoms

- Sunburn
 - Redness and pain
- Heat Cramps
 - Painful spasms and heavy sweating
- Heat Exhaustion
 - Heavy sweating, clammy skin, fainting/vomiting
- Heat Stroke
 - High body temperature (106° F or higher) and possible unconsciousness



Heat Safety Tips

- Slow down
- Dress for the weather
- Eat light
- Drink LOTS of water
- AC is your friend
- Avoid the sun, when possible
- Lay off the salt





QUIZ:

1. Sun can help to produce this vitamin: _____

2. The most dangerous form of skin cancer is: _____

3. What are the ABC's of prevention:

4. Name 2 heat disorders:

5. Name 2 heat safety tips:
