

WORKER SAFETY IN THE SUMMER: HOW TO PROTECT AGAINST UV RAYS – AND THE HEAT

When it comes to working in the sun, one of the first rules of safety is to prevent exposure to ultraviolet (UV) radiation.

Without proper protection, UV rays can damage the eyes and cause sunburn, which can increase the risk of further skin damage.



UV rays are **most intense** 10 a.m. – 4 p.m.



Safety eyewear



Clothing with tightly woven fabric that blocks UV rays

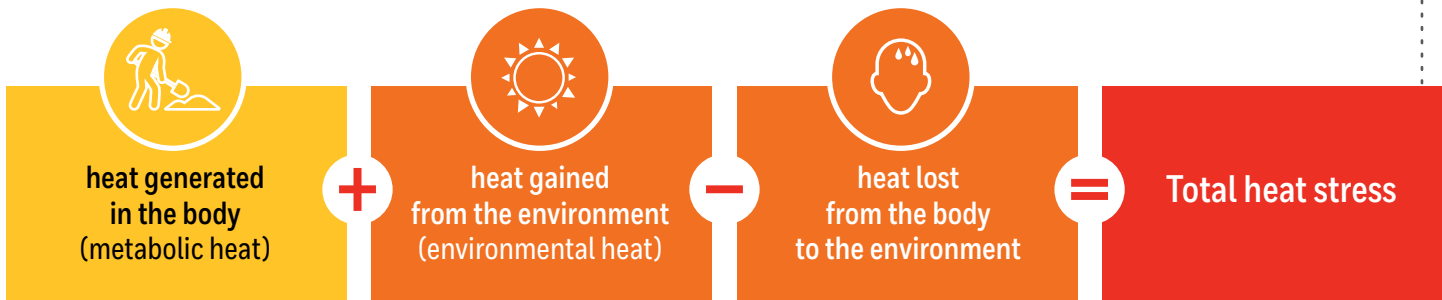


Sunscreen with SPF of at least 30

Key equipment for UV protection:

Another critical risk in summer work is heat stress.

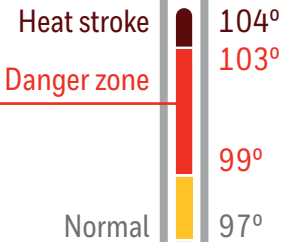
This condition — caused when the body is unable to maintain a normal temperature in hot environments — can lead to serious heat-related illness or death.



Source: National Institute for Occupational Safety and Health (NIOSH)

Symptoms of heat stress can include:

- Headache, dizziness or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea or vomiting
- Muscle spasms
- Rash

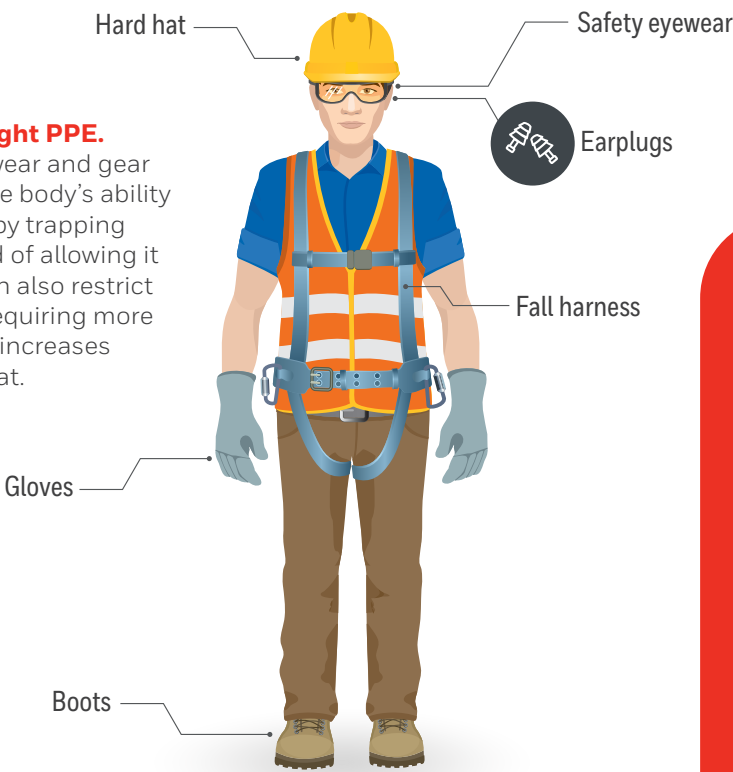


Heat stress is preventable, and a key consideration is personal protective equipment (PPE). Follow these 3 tips for keeping cool when the workday heats up.

1

Use lightweight PPE.

Heavy outerwear and gear can hinder the body's ability to cool itself by trapping sweat instead of allowing it to leave. It can also restrict movement, requiring more exertion that increases metabolic heat.



When workers are safe and comfortable, they're also more productive. If workers have ineffective, uncomfortable PPE — from goggles that fog to gloves that cause hands to feel sweaty — they may struggle to perform tasks correctly or efficiently. **Protect productivity by choosing the right PPE.**

Proper PPE = Safety & Productivity

2

Use a wide-brim hard hat to reduce direct sun exposure, protecting the neck, ears, eyes, forehead, nose and scalp.



3

If work requires respirators, make sure they are powered. Non-powered air-purifying respirators (APRs) can increase metabolic workload, because workers must supply the energy to draw air through a filter. On the other hand, powered air-purifying respirators (PAPRs) use a battery-powered fan to blow and circulate air into a worker's headpiece, which can also have a cooling effect.

Learn more For more guidance on PPE for summer work, please contact your Honeywell sales representative or [a local distributor](#).