

Sun Protection



- ▶ **Why should I protect myself from the sun?**
Sunburn is the most common UV-related injury from sunlight exposure. In snow-covered areas, Soldiers risk both sunburn and “snow blindness,” a brief painful swelling of the eye. High lifetime sun exposure increases the risk for skin cancer and cataract blindness.
- ▶ **How can I protect my skin?**
Seek shade, and use your uniform to cover your arms and legs. Wide-brimmed hats can protect the head and neck, or use sunscreens with high Sun Protection Factors (SPF) and reapply every couple of hours.
- ▶ **How do I protect my eyes?**
Sunglasses with wraparound design work well, protecting at the front and side. Wide-brimmed hats can also help. Use goggles in snow-covered areas.
- ▶ **When should I protect myself?**
Roughly midday, from 10 a.m. to 4 p.m. Use the rule “Short Shadow? Seek Shade!” Sensitive-skinned individuals get a light sunburn in about 35 minutes when their shadow is as long as their height, but need over 90 minutes when their shadow is twice as long.
- ▶ **The Shadow Rule for UV Protection**
Short Shadow: shorter than your height - Higher Risk.
Long Shadow: longer than your height - Lower Risk.

See medical personnel if you have questions about sun injuries.

LASER/OPTICAL RADIATION PROGRAM
TEL: 410-436-3932 DSN: 584-3932

 **USAPHC**
U.S. ARMY PUBLIC HEALTH COMMAND

U.S. ARMY PUBLIC HEALTH COMMAND
ABERDEEN PROVING GROUND, MD 21010-5403
USAPHC: 1-800-222-9698

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