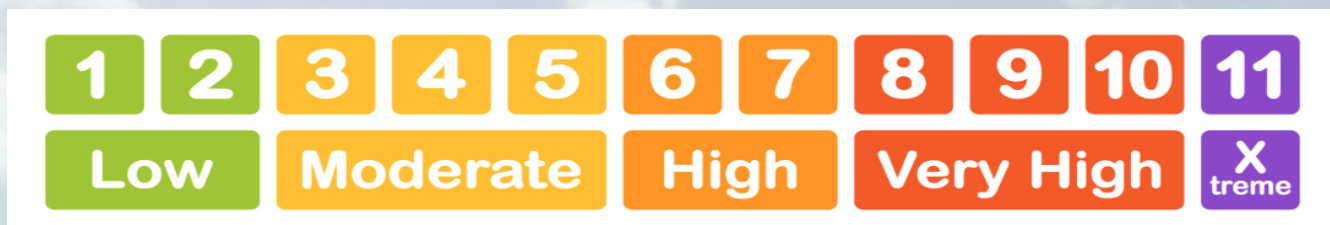


# Protect Yourself From UV Harm

Summertime in Nebraska can be great, mostly sunny days and long daytime hours, but summer UV exposure is high, particularly from June to August. The UV index often reaches levels of 8 or higher, increasing the risk of sunburn, heatstroke, and skin cancer, necessitating precautions like sunscreen and protective clothing. This is especially important for many municipal employees who spend long hours in the sun.

## Prevention Methods

- **Avoidance:** If possible, avoid outdoor work when UV exposure is highest, between 10 a.m. - 4 p.m.
- **Protective Clothing:** Use UPF-rated hats, long-sleeve shirts, and sunglasses reduce UV exposure to skin and eyes.
- **Sunscreen:** Broad-spectrum SPF 30+ protects against UV rays. Reapplication every 2 hours, especially after sweating, maintains effectiveness.
- **Shade:** When possible, set up awnings to work in the shade. Take breaks in shaded areas, such as tents or trees.
- **Hydration:** Regular water intake prevents dehydration, which worsens UV-related risks. Alcohol and sugary drinks increase dehydration.
- **UV Index:** Daily UV index values, available online, indicate UV intensity levels.



Follow these tips to stay safe from harmful UV exposure. Also remember to protect against other heat illnesses such as cramps, exhaustion and stroke. Safety flyers on heat illnesses and many other topics are available at [larmpool.org](http://larmpool.org).

