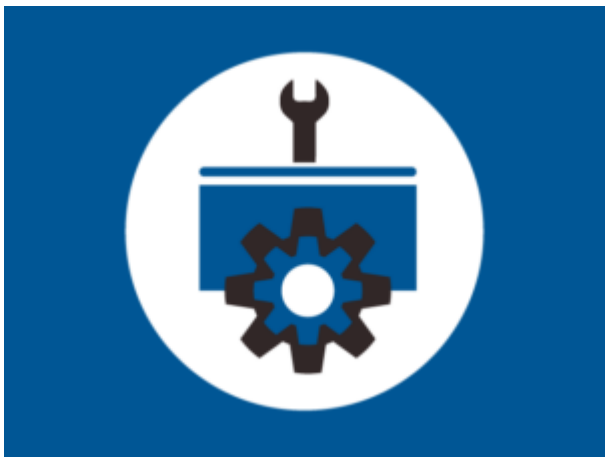
TXWCC Working Outdoors Fact Sheet



A handout on the hazards of working outdoors such as heat stroke sunburn heat exhaustion heat rash Lyme Disease and the West Nile Virus.

Hot summer months pose special hazards for outdoor workers who are exposed to heat, sun, and other hazards. Employers and workers should know the potential hazards in their workplaces and how to manage them.

Sun

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. There are no safe UV rays or safe suntans. Workers who burn easily, spend a lot of time outdoors, or have any of the following physical features: numerous, irregular, or large moles; freckles; fair skin; or blond, red, or light brown hair should be especially careful in the sun. There are several ways workers can block harmful rays:

- Cover up. Wear tightly woven clothing that you can’t see through.
- Use sunscreen. A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. Be sure to follow application directions on the bottle or tube.
- Wear a hat. A wide brim hat, not a baseball cap, works best because…