

# FIELD RESEARCH SAFETY HAZARD GUIDELINE

Sunburn		
<b>Hazards</b>	<b>Potential Hazards</b>	<ul style="list-style-type: none"> <li>Sunburn is a common and preventable skin injury caused by overexposure to ultraviolet (UV) radiation from the sun. Field researchers are particularly vulnerable due to outdoor work and prolonged exposure to sunlight.</li> <li>Prolonged sun exposure without protection can lead to painful burns, skin damage, sun poisoning, and increase the risk of skin cancer.</li> </ul>
<b>Hazard Controls</b>	<b>Personal Protective Equipment</b>	<ul style="list-style-type: none"> <li>Personal protective equipment (PPE) for sunburn prevention includes wide-brimmed hats, sunglasses with UV protection, and clothing that covers exposed skin.</li> <li>Use broad-spectrum sunscreen with at least SPF 30 on exposed skin, even on cloudy days.</li> </ul>
	<b>Preparation and Training</b>	<ul style="list-style-type: none"> <li>Field researchers should receive training on the dangers of sunburn, proper sun protection techniques, and recognizing signs of overexposure. Prioritize sun safety in your research plans, including sun protection measures in your work schedules.</li> <li>Check the daily UV index, which indicates the strength of UV radiation and helps plan outdoor activities accordingly.</li> <li>UV Index Scale:               <ul style="list-style-type: none"> <li>0-2: Low. No protection needed.</li> <li>3-7: Moderate to High. Protection needed, especially during peak sunlight hours.</li> <li>8+: Very High to Extreme: Extra protection is needed. Avoid prolonged exposure to sunlight.</li> </ul> </li> </ul>
	<b>General Work Practice Procedures</b>	<ul style="list-style-type: none"> <li>Schedule activities to avoid the sun's strongest rays, typically between 10 a.m. and 4 p.m.</li> <li>Seek shade whenever possible, especially during peak sunlight hours.</li> <li>Stay well-hydrated to prevent dehydration, which can exacerbate the effects of sun exposure.</li> </ul>
<b>Other</b>	<b>Waste</b>	Containerize, remove, and properly dispose all generated waste when you leave the area.
	<b>Emergencies</b>	<ul style="list-style-type: none"> <li>For mild sunburn, apply cool compresses, moisturizers, and aloe vera to soothe the skin.</li> <li>In case of severe sunburn with blisters, nausea, or dizziness, seek medical attention promptly.</li> <li>Stay out of the sun until the burn heals to prevent further damage.</li> </ul>
	<b>Reference and Additional Resources</b>	<ul style="list-style-type: none"> <li>CDC: <a href="#">Sun Safety</a></li> <li>Johns Hopkins: <a href="#">Sun Safety</a></li> <li>EPA: <a href="#">UV Index Scale</a></li> </ul>
	<b>Questions</b>	Contact Environmental Health and Radiation Safety (EHRS) at (215) 707-2520