

ATTENTION OUTDOOR WORKERS SUNSCREEN MYTHS VS. FACTS

by Shannon Brown

Not all sunscreens are created equal! Do you know which one is right for you and your environment or how often you need to apply it for true effectiveness? With over 1 million skin cancer cases each year, it's in your best interest to get all the facts and stop believing the myths!



MYTH: Using a sunscreen with a high SPF is the best.

FACT: A sunscreen's SPF, sun protection factor, measures its ability to prevent UVB rays from damaging the skin. Both UVB and UVA rays can be harmful and carcinogenic so it's recommended to protect the skin with a broad-spectrum sunscreen that offers protection from both UVB and UVA rays. Don't be fooled by sunscreen labels that boast of high SPF's. Anything higher than SPF 50+ can tempt you to be in the sun too long, potentially suppressing sunburn but not any other kind of skin damage. The FDA states any SPF rated above 50+ is misleading. For the safest and most effective sunscreen make sure to use nothing lower than SPF 15 and nothing higher than SPF 50.

MYTH: Applying sunscreen in the morning is all I need for the whole day.

FACT: Reapplying sunscreen is just as important as its first application! Studies show that the average individual only applies half to a quarter of the suggested amount which then lowers the SPF protection. During an extended period in the sun, it is best to reapply the same amount of sunscreen every 2 hours and especially after being in the water or sweating a great deal. Broad spectrum protective lotions that have an 80 minute water resistance duration time is the best option versus continuous sprays.

MYTH: I don't need sunscreen on a cloudy day.

FACT: Over 40% of the sun's harmful UV rays can still penetrate through the clouds and ultimately to you. These days in particular can cause the worse damage as outdoor exposure is increased without thought to needing sunscreen. Application should not decrease even if the sun is not perceived to be present.

MYTH: A "base tan" prevents sunburn.

FACT: Having a healthy glow is actually not healthy at all but instead, a sign of skin damage. When UV rays reach the skin's inner layer, the skin makes more melanin. Melanin, the pigment that colors the skin, then moves toward the outer layers of the skin and becomes visible as a tan. A tan is truly a response to injury when skin cells signal that they have been hurt by UV rays by producing more pigment. This is definitely not the time to skimp on sun protection!

MYTH: It is the sole responsibility of all outdoor workers to protect themselves from the sun.

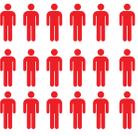
FACT: Per OSHA Rules 1926.28(a) and 1910.132, it is the responsibility of the employer to develop and implement a Skin Protection Wellness Program that provides the employee protection from all known environmental hazards. More and more risk management and human resource team in the American Workforce are exploring ways to develop safe, effective and affordable Skin Wellness Programs. CoreTex Products offers a complete line of complementary skin protection products specifically formulated to keep employees protected while working outdoors. This includes everything from sunscreen and lip balm to poison ivy barriers & cleansers and insect repellent protection to an antibacterial hand sanitizer. Not only are these products of the highest quality available, they were developed to meet or exceed all government standards including FDA, EPA and O.S.H.A.

Now that you have all the facts, it's time to provide the best sun protection for you and your employees! CoreTex Products understands and offers effective skin protection products that are easy to use, safe, and cost effective for the employer.



Skin Cancer

Over one million people in the US are diagnosed with skin cancer every year.



Skin Cancer - Source: National Cancer Institute (NCI)

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