

Health and Wellness Tip of the Week - Week 26

Monthly Topic

June is *Summer Safety Month*. It's the perfect time to remind employees about the importance of having a fun, safe summer.

June 29, 2015

Sun Safety: More Than Meets The Eye

We hear a lot about the dangers of the sun and protecting our skin from its harmful rays. But guarding our eyes is also important. Like the skin, our eyes can get sunburned, too. Long-term contact with the sun can lead to cataracts and also can increase the risk of vision loss. Anytime you are in the sun, wear sunglasses that:

- Screen out 75 to 90 percent of visible light;
- Block 99 to 100 percent of the sun's UV-A and UV-B rays;
- Are matched in color and free of distortion; and
- Are gray so that you can see colors correctly.

Sources: *American Optometric Association; Centers for Disease Control and Prevention*



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