



Safety Starts with you

July is Ultraviolet (UV) Safety Month

As we enjoy the beautiful summertime weather, we need to keep in mind several issues about the effects of the sun's ultraviolet radiation. We need sunshine, it helps with our body's production of Vitamin D.

However, overexposure to the sun can lead to a variety of health risks. Two main types of UV light, UVA and UVB. UVB is what gives you your sunburn and is responsible for some types of skin cancers.

Below are additional resources related to UV safety:

- [American Academy of Dermatology \(AAD\)](#)
- [Weill Cornell Medicine](#)
- [American Cancer Society](#)
- [US Food & Drug](#) – Facts about Sunscreen

Use this QR Code to access links and previous Safety Standards



Heat Exhaustion

Heat Stroke

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness
Thirst
Heavy Sweating
Nausea
Weakness



Confusion
Dizziness
Becomes Unconscious

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



Click pictogram to learn more

1 in 5

1 in 5 Americans get skin cancer.



Skin cancer is the **most common type of cancer** in the United States.



UV light exposure causes most skin cancers.



Just **five sunburns** doubles your risk of developing melanoma, the deadliest form of skin cancer.

Sun safety is easy:

Stay in the shade when possible.

Stay inside when the sun is at its brightest.

Use broad-spectrum sunscreen with an SPF of at least 30 and reapply frequently.

Wear a hat, long sleeves and sunglasses.

American Red Cross
Authorized Training Provider



1st Aid, Adult CPR & AED Training Registration form

7/27/2023 1:00-3:30pm

With 88% of cardiac arrests happening at home, it is wise to be trained in Cardiopulmonary resuscitation (CPR) to help loved ones immediately. Many people who suffer from cardiac events appeared healthy at the time and did not have any known heart risk factors.

Graduate Student Safety Committee (GSSC):



CoE Safety:



If you have interest in contributing to the Safety Standard or discuss a safety related item, please contact the CoE safety group at: coesafety@engr.wisc.edu