



## Safety Starts with you



### July is UV Safety Awareness Month

During the sunny summer months, a lot of emphasis placed on protecting our skin and eyes from Ultraviolet (UV) rays. Overexposure to UV rays from the sun during the summer months (when we are often outside for extended periods of time) can cause severe skin and eye injuries, including sunburn, skin cancer, cataracts, macular degeneration, and growths on our eyes - including cancer. In the continental U.S., the hours between 10 a.m. and 4 p.m. are the most hazardous for UV exposure.

Below are additional resources related to UV safety:

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

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p>Dizziness Thirst Heavy Sweating Nausea Weakness</p>	<p>Confusion Dizziness Becomes Unconscious</p>
<p>Heat exhaustion can lead to heat stroke.</p> <p>Heat stroke can cause death or permanent disability if emergency treatment is not given.</p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

## Egress & Housekeeping

To promote a safe work environment, it is important that COE lab personnel practice good housekeeping to keep clutter and excess material from accumulating. Additional information can be found at the COE [Egress & Housekeeping](#) webpage.



American Red Cross  
Authorized Training Provider

### [1st Aid, Adult CPR & AED Training](#)

#### [Registration form](#)

8/7/2024 9:00-11:30pm

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.

**PROTECT ALL THE SKIN YOU'RE IN**

Use a Layered Approach for Sun Protection.

- Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.
- Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
- Wear a hat, sunglasses, and protective clothing to shield skin.
- Seek shade, especially during midday hours.

[CoE Safety:](#)



[Graduate Student Safety Committee \(GSSC\):](#)



[Previous COE Safety Standards](#)



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](mailto:coesafety@engr.wisc.edu)