Safety in the Sun

Everyone needs some exposure to the sun. Sun exposure is the primary source of Vitamin D, an essential vitamin used by our bodies to absorb calcium. However, too much sun exposure can cause damage to the skin, eyes, and lead to various types of skin cancer.

Most people think about sun exposure in the summer, when the sun is bright and temperatures are high. However, you need protection year-round. Here are some things you can do on a daily basis to protect your skin:

- Avoid sun exposure between the hours of 10:00 a.m and 3:00 p.m.
- Cover up with long sleeves and a broad-rimmed hat.
- Use a commercial sunscreen like Liquid Sunshade, Frogskin, or Forever Summer Sunblock with an SPF of 15 or higher.

Sunscreen is the most important tool you have to protect your skin from the sun. Sunscreen applied once at the beginning of the day will not adequately protect you. Follow these steps to maximize your sunscreen protection.

1. Use sunscreen each time you will be in the sun, not only when you are wearing a bathing suit.
2. Apply sunscreen 30 minutes prior to sun exposure. Apply to all exposed areas of the body.
3. Apply sunscreen lotion generously. Use slightly more than you would use if applying a body lotion for moisturizing.
4. Reapply sunscreen according to the directions.

The History of Sunscreen

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tr>
<td>1938</td>
<td>The first sunscreen developed by Franz Greiter, Gletscher Crème (Glacier Cream).</td>
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<td>1944</td>
<td>The first widely used sunscreen developed by airman and chemist Benjamin Greene, Red Vet Pet.</td>
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<tr>
<td>1962</td>
<td>Franz Greiter develops the SPF (sun protection factor), which becomes the standard for rating sunscreen.</td>
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Although skin damage from the sun can be devastating and the effects long-lasting, there are many ways to protect yourself. Staying indoors is not always practical, and certainly not very much fun, so be sure to protect yourself and get some fresh air!

Bibliography


