**Summer Sun Essentials: Foolproof Tips for Staying Safe in the Sun (Free Guide!)**

Summer is finally here! That means tropical vacations, outdoor BBQs, and plenty of time under the sun. While this beautiful season offers employees the chance to get more active [outdoors](https://info.totalwellnesshealth.com/blog/the-powerful-health-benefits-of-spending-time-outside), it also comes with a few [potential dangers](https://info.totalwellnesshealth.com/blog/7-summer-health-hazards-your-employees-need-to-know-about) if they’re not careful.

Too much time in the sun can lead to wrinkles, premature aging, and even skin cancer. It’s important that your employees understand the importance of sun safety, as skin cancer is the most common type of cancer in the United States. In fact, according to the [Skin Cancer Foundation](https://www.skincancer.org/skin-cancer-information?gclid=EAIaIQobChMIn6T9g6XW2wIV2BGBCh3i3QvAEAAYASAAEgI5lvD_BwE), one in five Americans will develop skin cancer by the age of 70.

While skin cancer is the most common form of cancer, it’s also the most preventable form of cancer. By practicing safe sun habits, your employees can significantly reduce their risk of developing sun cancer. We created this free guide to help you educate your employees on how to stay safe in the sun this summer.

In this guide your employees will learn:

* Best practices for sun safety
* How to choose the best sunscreen
* Common risk factors for skin cancer
* Tips for skin cancer prevention

Here’s a sneak peek of what you’ll find when you [download](http://offers.totalwellnesshealth.com/sun_safety_guide) the Summer Sun Essentials guide:

**Sun Safety Habits**

Everyone knows that they should be lathering up on sunscreen before leaving the house. But unfortunately, sometimes wearing sunscreen just isn’t enough to fully protect against the sun’s harmful rays. In addition to wearing sunscreen, you should also:

* Wear protective clothing
* Check the UV index for the day
* Limit time spent outside during peak sun times (typically 10 a.m. to 4 p.m.)
* Add some antioxidants to your diet
* Stay aware of your medications and how they could react with the sun
* Protect your eyes
* Properly treat your sunburn

**Tips for Choosing the Best Sunscreen**

Applying (and reapplying!) sunscreen is one of the most effective ways to protect your skin from sun damage. However, not all sunscreens are created equally. With so many different lotions and sprays on the market, it can be tricky to decide which sunscreen is the best choice. The U.S. Food and Drug Administration (FDA) recommends following these guidelines when it comes to choosing your sunscreen:

* Choose a sunscreen with “broad-spectrum” protection
* Choose a sunscreen with a sun protection factor (SPF) of 15 of higher (SPF 30 or higher for those with fair skin tones)
* Stay mindful of ingredients

Even effective sunscreens won’t fully protect you if they aren’t be used properly. Be sure to follow these sunscreen tips:

* Always rub in spray-on sunscreen (if not, you’ll be left with streaky protection!)
* Apply sunscreen at least 30 minutes before sun exposure
* Reapply sunscreen every 2 hours, or every 40-80 minutes when swimming
* Pay attention to expiration dates – sunscreen loses a lot of potency when it’s expired
* Apply SPF under your makeup every day
* Use sunscreen even when it’s cloudy out
* Use a lip balm that contains sunscreen with an SPF of at least 30 to protect your lips

**Skin Cancer Risk Factors**

Although skin cancer can be a difficult topic to discuss, it’s vital that your employees understand the risk factors, warning signs, and prevention practices of skin cancer. Staying informed will help your employees better protect themselves from the most common type of cancer in the U.S.

Along with sun exposure, there are other common risks of skin cancer. According to [Cancer Treatment Centers of America](https://www.cancercenter.com/skin-cancer/risk-factors/), some risk factors of skin cancer include:

* Older age
* Gender (men are twice as likely to develop basal cell carcinomas and three times more likely to develop squamous cell carcinomas than women)
* Skin tone
* Amount of moles
* Family and personal history
* Smoking
* Chemical exposure
* Previous medical treatment

**Skin Cancer Prevention**

While skin cancer is the most common type of cancer, the good news is that it’s also the most preventable type of cancer. In most cases of skin cancer, the cancer is caused by sun exposure and skin damage from UV rays. To help reduce your risk of developing skin cancer, you should:

* Always practice safe sun habits
* Stay away from tanning beds
* Perform self-exams
* Schedule regular checkups with a dermatologist

Our guide also includes a printable tip sheet to pass around at the office to help employees stay safe in the sun this summer!

We know that many full-time employees look forward to the summer season all year long. After all, it’s the perfect time to explore the outdoors, go on new adventures, and enjoy a [well-deserved vacation](https://info.totalwellnesshealth.com/blog/bid/353100/this-is-why-employees-shouldnt-waste-another-vaction-day-0). By educating your employees on the importance of sun safety, they can enjoy their summer without worrying about damaging their skin.

Click [here](http://offers.totalwellnesshealth.com/sun_safety_guide) to download the full guide! We hope it helps you and your employees have a healthy summer.