

# PLAYING IT SAFE CONSTRUCTION

## Summer Safety for Outdoor Workers

*Protect yourself against the sun, heat and bugs*

Since you're an outdoor worker, it is important to take precautions against exposure to sun, heat and bug bites during the summer months.

### Sun

To protect against the sun's harmful ultraviolet (UV) rays, do the following:

- Cover up with lightweight, tightly woven clothing that you can't see through.
- Use sunscreen. A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. Be sure to follow application directions.
- Wear a hat that protects your neck, ears, forehead, nose and scalp.
- Wear UV-absorbent shades, and make sure they block 99 to 100 percent of UVA and UVB radiation before purchasing them.

### Heat

The combination of heat and humidity can be a serious health threat during the summer, especially when performing strenuous work. To beat the heat:

- Drink plenty of water before you get thirsty.
- Wear light, loose-fitting, breathable clothing such as dry-fit material.
- Eat smaller meals before working.
- Skip the caffeine and soda; drink water instead.

- Be aware that equipment such as respirators or work suits can increase heat stress.

### Ticks

If you're working in tall grass or wooded areas, take the following precautions to protect yourself from ticks:

- Wear light-colored clothing to see ticks more easily.
- Wear long sleeves and long pants.
- Tuck pant legs into socks or boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellants.
- Wash and dry your work clothes at high temperatures.

Examine your body for ticks after work. Remove any attached ticks promptly with a tweezers. In some regions, ticks may transmit Lyme disease. If you get bit and develop a rash, see your doctor.

### Insect Bites and Stings

Doing the following can help you avoid insect bites and stings:

- Wear bug repellent.
- Avoid wearing heavy perfumes.
- Check before drinking from cups, bottles and cans, as stinging insects are attracted to sweet drinks.

Be safe and healthy on the job at with these helpful tips provided by **Kentucky AGC Self-Insurers' Fund**.

**Always wear sunscreen and UV-absorbent sunglasses. Use a sunscreen that has an SPF of at least 15 to block 93 percent of UV rays.**

This flyer is for informational purposes only and is not intended as medical or legal advice.

© 2009-2010, 2017 Zywave, Inc. All rights reserved.



**KENTUCKY**  
AGC Self Insurers' Fund