

The 101 DAYS OF SUMMER



Toolbox Talk Lesson Plan

Using the UV Index

The UV Index predicts the levels of ultraviolet radiation on a daily basis. It is a computer model used world wide which combines multiple variables to determine the day's maximum UV level or to forecast peak UV hours. Some of the variables used include:

- Time of Day – UV radiation peaks at noon or midday, with lower levels in the early morning and late afternoon
- Cloud Cover – Mostly cloudy skies can block most of the UV radiation from reaching the Earth's surface. Thin or patchy clouds let most UV radiation through.
- Ozone – UV radiation is absorbed by ozone. Higher amounts of ozone mean less rays reach the surface of Earth
- Seasons – UV radiation peaks in the spring and summer, with the lowest levels in winter.
- Surface of the Earth – Some surfaces like snow, sand and water, can reflect UV rays. Structures and trees can reduce exposure to UV radiation.

Overexposure to the sun's ultraviolet (UV) radiation can cause immediate effects such as sunburn and long-term problems such as skin cancer and cataracts. The Ultraviolet (UV) Index provides information to help you plan your outdoor activities to prevent overexposure to the sun's rays.

Discuss the ranges of UV exposure and the protections suggested for each range, especially that day's forecast

Before this meeting today I looked up the Index (www.epa.gov/sunwise/uvindex.html#lookup) for our area and it is a Level_____

Index	Description	Media Graphic Color	Recommended Protection
0-2	No danger to the average person	Green	Wear sunglasses; use sunscreen if there is snow on the ground, which reflects UV radiation, or if you have particularly fair skin.
3-5	Little risk of harm from unprotected sun exposure	Yellow	Wear sunglasses and use sunscreen, cover body with clothing and a hat, and seek shade around midday when the sun is most intense.
6-7	High risk of harm from unprotected sun exposure	Orange	Wear sunglasses and use sunscreen having SPF 15 or higher, cover body with sun protective clothing and wide-brim hat. Reduce time in sun from two hours before to three hours after solar noon (roughly 10:00 AM to 4:00 PM during Daylight Savings Time).
8-10	Very high risk of harm from unprotected sun exposure	Red	Wear sunscreen, a shirt, sunglasses, and a hat. Do not stay out in the sun for too long.
11+	Extreme risk of harm from unprotected sun exposure	Violet	Take all precautions including: sunglasses and use sunscreen, cover body with long-sleeve shirt and trousers, wear a very broad hat, and avoid the sun from two hours before to three hours after solar noon.

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