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## Summer Hazards

As the weather gets warmer people who spend a lot of time outdoors, run the risk of suffering from more than just heat exhaustion. The sun's rays are most intense and damaging during the summer months usually from 10 a.m. to 4 p.m.

Make sure you stay hydrated! Drink plenty of water and use sports drinks to replenish essential fluids. This will also help keep you cool alert.

Take some steps to protect yourself from those UV rays that can cause various forms of skin cancer among other things. Here are a few tips to keep in mind.

- ⇒ Protection for the face and other parts of the head can be as simple as wearing a hat.
- ⇒ Long-sleeved shirts and pants in lightweight, tightly woven fabrics provide both comfort and protection.
- ⇒ UV-absorbent sunglasses can help protect your eyes from sun damage.
- ⇒ Parts of the body that cannot be covered with clothing should be protected with sunscreen.
- ⇒ The best way to reduce exposure to UV radiation is to avoid the sun.



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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: \_\_\_\_\_ Date: \_\_\_\_\_

Trainer: \_\_\_\_\_ Trainer's Signature: \_\_\_\_\_

**Class Participants:**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

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