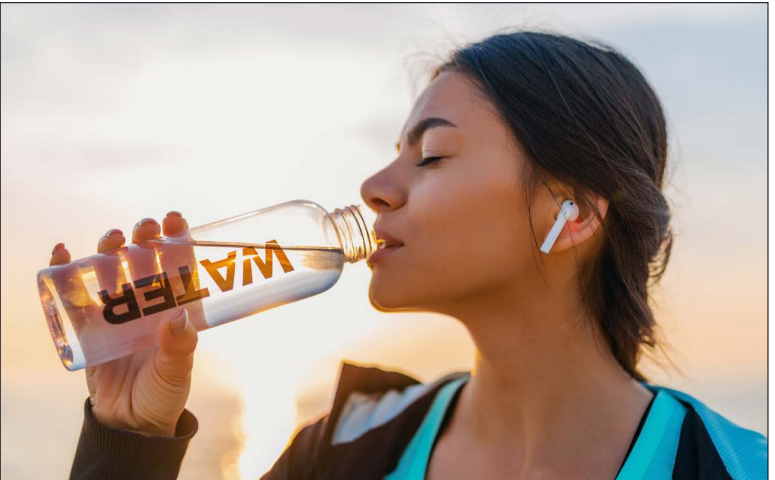




# ChallengeME MONTHLY MINUTE

June 2024 | [mainedot.gov/challengeme](http://mainedot.gov/challengeme)

## Monthly topic: **Sun and Heat Safety**



### Sun Safety

As the weather gets warmer and we spend more time outside it's important to protect your skin. One of the most common and preventable forms of cancer is skin cancer. There are many steps you can take to reduce your risk of skin cancer while receiving the benefits of being outdoors.

#### Actionable Steps for Skin Protection:

- Apply Sun Protective Factor (SPF) 30 Broad-spectrum water-resistant sunscreen and re-apply every 2 hours and after swimming or sweating.
- Wear clothing that will protect your skin, look for clothing with a UV protection factor.
- Seek shade when appropriate when the sun is at its strongest time between 10 am- 4 pm.
- Use caution near water and sand as it reflects the sun rays.
- Use ChapStick with at least 15 SPF.
- Protect your eyes with sunglasses.

### Looking for more information?

Sun Safety



How Much Water Do You Need?



Heat Stress: Hydration



### Hydration

It's important to stay hydrated to prevent any heat related illness. Your body is 60% water and plays a key role in helping all the body systems work properly. Water can vary depending on your exercise level, gender, and weight but the general rule is to consume half your body weight in ounces.

#### Tips to maintain hydration:

- Make water the first liquid you consume in the morning.
- Drink before you feel thirsty.
- When working in heat drink 8 oz of water every 20 minutes to help maintain hydration.
- Carry a refillable water bottle.
- Add a flavor enhancer such as a fruit or herb.

Be sure to visit the ChallengeME website:



**ChallengeME**  
MaineDOT Healthy Workforce