



# The Skinny on Sunburns

## Symptoms and solutions

Sunburns are usually not serious, but they're often painful, with the worst pain occurring 6 to 48 hours after exposure. Sunburn usually develops 4 hours after exposure, worsens over the next 24 to 36 hours, and goes away in 3 to 5 days. Skin peeling begins 3 to 8 days after exposure. Symptoms include:

- Red, warm, and tender skin
- Swollen skin
- Blistering
- Headache
- Fever
- Nausea
- Fatigue

Know that some drugs—including thiazides, diuretics, tetracycline, doxycycline, sulfa antibiotics, and anti-inflammatory drugs such as ibuprofen—increase sensitivity to sunlight and the risk of getting burned. If you do get burned:

- ⚙ Take aspirin or acetaminophen to relieve pain and headache, and reduce fever.
- ⚙ Drink plenty of water to replace lost fluids.
- ⚙ Take cool baths or gently apply cool wet cloths to the burned area.
- ⚙ Apply moisturizing cream, aloe, or hydrocortisone cream.
- ⚙ Lightly bandage blisters with gauze to prevent infection. Don't pop blisters, because this slows healing and increases infection risk. When blisters do pop and skin peels, remove skin fragments and apply antiseptic ointment or hydrocortisone cream.
- ⚙ Avoid further exposure until the burn has healed.



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# Machine Guards

## Know how to inspect and use them

**Machines cause thousands of serious injuries each year. Danger spots include:**

- ➔ The point of operation is where the machine performs work on material.
- ➔ Power-transmission apparatuses, such as flywheels, pulleys, belts, chains, couplings, spindles, cams, and gears.
- ➔ Other moving components, including blades or other cutting parts.



## UV PROTECTION

To minimize UV damage and prevent skin cancer:

- ☼ Apply sunscreen with at least an SPF 30 at least 20 minutes before sun exposure. Reapply every 2 hours, especially if you are perspiring. Pay special attention to ears, scalp, lips, neck, and hands.

- ☼ Wear clothing that covers as much skin as possible. Dark clothing with a tight weave seems to be more protective than light-colored, loosely woven clothing.

- ☼ Wear a hat.

- ☼ Wear sunglasses with a high UV protection rating.

## Machines have guards and other devices to help protect operators:

- ➔ Some guards are fixed and are never removed.
- ➔ Interlocked guards can be removed but have shutoff protections.
- ➔ Some are adjustable or self-adjusting according to the material being handled.
- ➔ Some machines have an automatic shutoff if an operator's body part enters the guarded area.
- ➔ Restraint and pull-back devices prevent access by the worker's hands.
- ➔ Two-hand control devices require the operator to use both hands.
- ➔ Sometimes the entire machine is in a locked area away from the operator.

## In general, machine guards must:

- ➔ Prevent operator contact with danger spots and not be easily removed.
- ➔ Protect against things falling into the guarded area where a small object or tool could cause a jam or malfunction.
- ➔ Allow for safe lubrication of the machine without their removal.
- ➔ Create no interference with efficient machine operation.