

Location _____ Trainer _____ Date _____

TOAST, BUT DON'T ROAST

Summertime can be "the Loveliest Time of the Year" - but, unless you take special precautions you may end up looking like a "Broiled Lobster" and may not particularly enjoy your sad plight. Summer brings special hazards because of the increase in outdoor activities - camping, sports, crowded highways, poisonous plants, home repairs, and yard work. But, one thing is common to most of these activities - the sun!

The sun is the center of our universe, it is life-giving. But, like all nature, it is indiscriminate. It can be kind and it can be cruel, so we have to learn to use the sun to our advantage; we have to know when we have had enough of it. All of us like to get a nice, healthy tan, but sometimes we can't wait as we should for it to develop. We try to get it too quickly and, as a result, we frequently end up with painful burns. If you are a suntan enthusiast, keep these things in mind:

- **Get your suntan gradually.** Start with a short exposure to the sun of not more than 15 minutes at first and gradually extend the time. As your skin toughens, it can stand more sun. Remember, in order to tan, your skin must actually burn first, so take it easy.
- **Use a good suntan lotion.** A good lotion contains a chemical which partially filters out the rays of the sun which are harmful to the skin. Don't use substitutes (such as engine oil, cooking oil, etc.); they don't filter the rays and some industrial oils contain additives which are corrosive or toxic.
- **Don't be fooled by a cloudy day.** Clouds can disperse the sun so that the sunlight is not obvious; they do not absorb the injurious rays. Bad burns can result from thoughtless overexposure on a cloudy day.
- **The sun's rays bounce back from sand and water.** To protect against direct rays is not enough.
- **If you are trying to develop a tan,** change your position frequently so that the exposed areas of skin receive equal exposure.
- **Remember that "when the skin begins to prickle,"** you've had more than enough sun! Get into the shade immediately and apply a soothing lotion or cream.
- **Sunburn is as dangerous as any other burn;** similar precautions should be taken to avoid infection.
- **Excessive exposure to the sun,** even when a tan has been attained, can cause premature skin aging.