



6 Sun Safety Precautions for Outdoor Workers

Although outdoor workers may look forward to the summer months due to warm temperatures and extra sunshine, this season also poses unique safety risks. Any suntan is a result of damage caused by exposure to ultraviolet (UV) radiation from the sun. Other types of sun damage include wrinkles, age spots, freckles, tough or leathery skin, dilated blood vessels, sunburn and, in severe cases, skin cancer.

The sun emits two types of UV radiation: UVA (which causes aging) and UVB (which causes burning). Both UVA and UVB rays can cause skin cancer and are undetectable to a person sitting in the sun—you cannot feel them on your skin. They also are damaging on both cloudy and sunny days. In fact, up to 80% of the sun's UV rays can get through the clouds on an overcast day.

Sun safety is critical for outdoor workers, especially during the summer months. Consider these six precautions for protecting your skin from sun damage:

1. **Use sunscreen.** Apply a broad-spectrum sunscreen with at least 30 SPF daily, regardless of the weather. You may need to reapply throughout the day, especially after excess movement or sweating.
2. **Dress appropriately.** Select protective—but breathable—clothing with tightly woven fabric covering your arms and legs.
3. **Use a hat.** Whenever possible, wear a wide-brimmed hat that shades your face, neck and ears.

However, make sure your hat doesn't impact your overall visibility on the job.

4. **Shield your eyes.** Wear sunglasses with 100% UV protection. Even so, be sure these sunglasses are compatible with any required personal protective equipment.
5. **Avoid direct sunlight.** Try to stay in the shade as much as you can, especially when the sun's rays are the strongest (i.e., between 10 a.m. and 4 p.m.).
6. **Take breaks.** Fatigue and dehydration can make you more prone to sun damage. Don't forget to rest throughout the workday, particularly when the heat index is elevated. Take regular breaks, either in the shade or in air-conditioned spaces, and drink plenty of water to stay hydrated.

Avoiding excessive sun exposure and sunburn is the best way to protect yourself from sun damage and skin cancer at work. While sunburn may appear shortly after sun exposure, skin cancer can take months or years to develop. As such, routinely inspect your skin for any changes, and if you suspect that a spot on your skin is new or has changed color or appearance, reach out to your doctor.

Consult your employer for additional workplace safety guidance.

National Safety Month

June is National Safety Month. This annual campaign, organized by the National Safety Council (NSC), highlights efforts to prevent injuries and deaths both in and out of the workplace. It also provides various learning opportunities for employees, allows employers to share their pride in safety and encourages employees across industry lines to pledge to work safely.

According to the U.S. Bureau of Labor Statistics, over 5,000 work-related fatalities and 2.5 million recordable cases of nonfatal injuries and illnesses take place in the private sector each year.

These findings underscore the importance of workplace safety. During National Safety Month, a different safety topic will be highlighted each week. Here's an outline of 2026's topics:

- **Moving Safety Forward (June 1-6)**—Workplace safety requires ongoing effort and periodic adjustments to manage evolving hazards. With this in mind, it's crucial to remain alert and fully aware of your surroundings at work, watching for (and reporting) any unaddressed safety concerns.
- **Staying Safe on the Roads (June 7-13)**—A range of jobs may require employees like you to operate a vehicle. Whether it's for a daily commute, a delivery, or the transportation of goods or passengers, ensuring roadway safety is critical. Being a cautious, defensive driver can help you protect yourself and others on the road, preventing serious accidents. Be sure to review all workplace driving policies and applicable traffic laws before hitting the road, particularly as they pertain to vehicle inspections, cellphone and seat belt usage, and distracted driving.
- **Promoting Holistic Worker Health (June 14-20)**—Workplace well-being refers to the overall state of your physical and emotional health, which can often be influenced by different job dynamics (e.g., workload and connections with co-workers). Mental health is a key component of your workplace well-being. Unfortunately, the NSC

confirmed that instances of both moderate and severe mental health distress have been linked to poor decision-making and unnecessary risk-taking, prompting higher rates of workplace accidents and related injuries. To preserve your mental health and overall well-being, it's imperative to practice healthy habits (e.g., engaging in daily exercise, eating a balanced diet and getting ample sleep) and, if needed, consult a health professional for extra support.

- **Preventing Slips, Trips and Falls (June 21-30)**—Slips, trips and falls can happen in any workplace. These incidents may cause injuries as minor as bruises and sprains or as serious as broken bones and concussions. There are several measures you can implement to reduce the risk of these incidents at work, including wearing nonslip shoes, maintaining tidy workstations and walkways, promptly cleaning up or marking spills, exercising extra caution in areas with poor visibility, refraining from rushing through tasks or neglecting safety protocols, and reporting uneven flooring or damaged stairways to address any ongoing hazards.

This month (and every month), it's vital to put safety first at work. By following proper precautions on the job, you can play your part in preventing possible injuries and fatalities and promoting a safer workplace.

Reach out to your supervisor for more information on National Safety Month and related resources.



Live Well, Work Well

June 2026

Explore the Great Outdoors

Spending even a few moments outside daily can significantly improve your physical health by reducing muscle tension, regulating sleep and improving your work performance. Experiencing the outdoors—specifically, green spaces—can also provide some mental health benefits, including reduced anxiety and depression symptoms, decreased stress levels and improved overall mood.

The Environmental Protection Agency reports that the average American spends only 7% of their life outdoors, leaving 93% spent indoors.

It may seem difficult to incorporate fresh air into your daily routine, so here are a few tips to spend more time in the great outdoors this summer:

- **Find time throughout the day to be outside.** Try walking or doing a similar activity before or after your workday. Alternatively, enjoy lunch outside instead of eating at your desk during the workweek. If working remotely, you could join virtual meetings outside in a quiet place with little background noise or try “walking meetings” with teammates. Focus on finding small ways to incorporate fresh air each day.
- **Move your workout outside.** If you usually run on the treadmill, consider jogging around your

neighborhood instead. Additionally, doing bodyweight or free-weight exercises in your backyard or at a park can give you the same workout you get in the gym while letting you spend more time outside.

- **Focus on the quality—not quantity—of your time outdoors.** While outside, try to really listen to and look at what’s around you. Are there birds chirping? What color are the flowers? An intentional presence outdoors can help you feel more connected to nature and increase the benefits you receive from the fresh air.
- **Find someone to explore with.** It can be much easier to start a new habit when you have someone to do it with. As such, consider getting together with a partner or a group of friends to participate in outdoor activities.
- **Bring nature indoors.** Even when you can’t get outside for very long, you can still bring in little pieces of the outdoors. Consider purchasing a few houseplants to place around your home or starting an indoor herb garden.

Spending time outdoors can improve your physical and mental health, so take advantage of the longer summer days and get outside.

When's the Best Time to Eat Protein?

Protein is important for overall health. Health experts note that there isn't one perfect time of day to eat protein. What matters most is how evenly you include it throughout the day. Instead of saving most of your protein for dinner, spreading it across meals and snacks allows your body to use it more efficiently for energy, fullness and muscle repair.

The 2025-2030 Dietary Guidelines for Americans prioritize protein at every meal, aiming for 1.2 to 1.6 grams per kilogram of body weight daily.

Eating protein at different times of the day has certain advantages. For example, protein in the morning after an overnight fast supports steady energy, sharper focus and improved appetite

Summer Medicine Cabinet Checklist

Summer brings more time outdoors, and with it, a higher chance of sunburns, bug bites, minor injuries, allergies and heat-related issues. Medications can also lose effectiveness or even become unsafe after expiration, and heat and humidity can further degrade products that are already past their prime. When summer ailments or accidents strike, you want relief that works quickly and safely.

The average American opens their medicine cabinet 468 times each year. However, nearly 3 in 4 people admit they often forget to replace their expired products.

A cabinet check today ensures you're prepared for common summer needs without last-minute store runs. Consider these 10 summer essentials:

control, which may reduce overeating later in the day. Adding protein to snacks also plays a key role, helping stabilize blood sugar and prevent afternoon energy crashes. Similarly, protein is useful after workouts, as it helps muscles recover and grow stronger. Dinner protein remains important, but loading most of the day's intake into a single meal isn't ideal, since the body can only use so much at once. Most people don't need excessive protein supplements, as regular meals often provide enough.

In the end, a practical approach is to include protein at every meal, aim for moderate portions, and balance it with carbohydrates and healthy fats. Consistency delivers the biggest benefits.

1. Pain reliever and fever reducer
2. Antihistamines, nasal sprays and eye drops
3. Hydrocortisone cream for rashes and bug bites
4. Broad-spectrum sunscreen
5. Aloe vera or after-sun gel
6. Insect repellent
7. Oral rehydration packets or electrolyte drinks
8. Bandages and basic first-aid supplies
9. Antibiotic ointment for minor cuts
10. Instant cold packs

Refreshing your medicine cabinet is a small task that can make a big difference, allowing more time for fun in the sun. Make it a habit to check expiration dates every six months so you're always prepared.