



# Royal Throne Advisor Heat Safety

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*Heat is the number one weather-related killer in the United States, resulting in hundreds of fatalities each year.*

## Child Heat Safety Tips:

- **Make sure your child's safety seat and safety belt buckles aren't too hot.**
- **Never leave your child unattended in a vehicle, even with the windows down.**
- **Teach children not to play in, on, or around cars.**

## Adult Heat Wave Safety Tips:

- **Slow down.**  
Reduce, eliminate or reschedule strenuous activities until the coolest time of the day.
- **Dress for summer.**  
Wear lightweight, light-colored clothing to reflect heat and sunlight.
- **Put less fuel on your inner fires.**  
Foods, like meat and other proteins that increase metabolic heat production also increase water loss.
- **Drink Plenty of water, non-alcoholic and decaffeinated fluids.** Your body needs water to keep cool. Drink.
- **During excessive heat periods, spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat.
- **Don't get too much sun.**  
Sunburn reduces your body's ability to dissipate heat.

## 8 Sun Safety Myths Debunked

### **Myth #1: A base tan protects against sunburn.**

**The Truth:** Tanning does very little to shield you from sunburn. A suntan generated by ultraviolet light provides a sun protection factor (SPF) of 2 to 3 for people with light to medium skin tones, according to the Skin Cancer Foundation. Imagine buying a bottle of sunscreen labeled SPF 2!

### **Myth #2: I don't need sunscreen in the morning.**

**The Truth:** While UVB rays hit the United States between peak hours from April to October, UVA rays are present anytime it's light outside even in the early morning and late afternoon, during the winter, and on cloudy days. What outdoor exercisers don't realize is that UVA rays penetrate deep into the skin and contribute to the development of skin cancer and damage skin .

### **Myth #3: I wear SPF 70. I have nothing to worry about.**

**The Truth:** The bump in protection offered by higher SPF's is minimal. For example, SPF 15 sunblock screens 93 percent of the sun's UVB rays, while SPF 30 protects against 97 percent and SPF 50 against 98 percent, according to the Skin Cancer Foundation.

### **Myth #4: Water-resistant means waterproof.**

**The Truth:** Sunscreen isn't waterproof. Water-resistant means a dip in the water won't wash it off right away. It'll stay on your skin longer than regular sunscreen, but that doesn't necessarily mean the whole day. Each time you take a plunge in the water and towel off after swimming water-resistant sunscreen loses its effect. Reapply after swimming, sweating, or towel-drying.

### **Myth #5: A hat protects my head and face.**

**The Truth:** A hat is good for blocking the rays that come from directly overhead, but it doesn't protect your face from the rays that bounce up from the ground. Many people don't recognize that there is a greater level of damage when near the water, sand, and snow because of increased reflection.

### **Myth #6: Light-colored clothing blocks sun best.**

**The Truth:** Dark colors absorb heat and make you feel hotter, but they offer more protection from damaging rays than light colors do. Loose-fitting clothing in shades like deep blue and black, and bright colors, like orange and red, offer more protection than white or pastel clothing, according to the Skin Cancer Foundation.

### **Myth #7: My race shields me from skin cancer.**

**The Truth:** Nobody's immune to sun damage. Even if you don't burn easily, you're still receiving radiation. Know and understand your skin type and choose the appropriate protection for it. If you're confused, ask your doctor.

### **Myth #8: I need direct sunlight for vitamin D.**

**The Truth:** The sun is neither a safe nor an efficient way to boost vitamin D. Most people who live in North America cannot get enough vitamin D with sun exposure alone. It's much safer, efficient, and predictable to maintain healthy levels of vitamin D through diet and vitamin supplements.



Green Note: When you recycle water bottles (or any plastic bottle/jug) - throw away the lids (unless marked to recycle) .

**Motivation: "Lying makes a problem part of the future; truth makes a problem part of the past."**