



Sun Protection

Sunburn, skin cancers and other adverse sun-related health effects are largely preventable when sun protection is practiced consistently. Scientific research has found that overexposure to the sun's ultraviolet (UV) radiation may suppress your body's immune system and may reduce the skin's ability to defend against cancers and infections. It also is the primary environmental risk factor in the development of diseases of the eye.

- According to the American Cancer Society, skin cancer is the most common of all cancers. About 1 million cases of skin cancer are diagnosed each year in the United States.
- Malignant melanoma is the most deadly of the three major skin cancers, causing about 75% of skin cancer deaths. Melanomas are usually dark brown or black mole-like patches with irregular edges. If not caught early, melanoma can spread to other parts of the body and can be fatal. Detected early, it is curable.

Sun Protection Habits to Follow:

- Wear a wide-brimmed hat, sunglasses and long-sleeved, tightly woven clothing.
- Sunglasses should block out 100% of UVA and UVB radiation to protect the eyes from damage.
- Hats minimize UV radiation exposure to the face, head, ears and neck.
- Use broad-spectrum sunscreens that block UVA and UVB rays. The Sun Protective Factor should be a minimum of 30. Sunscreens should be used daily, including cloudy days. Apply them liberally and frequently.

Sun Facts

- Sunlight contains UV radiation, which causes premature aging of the skin, wrinkles, cataracts and skin cancer. There are no safe UV rays or safe suntans.
- Be especially careful in the sun if you burn easily, spend a lot of time outdoors or have any of the following physical features: numerous, irregular or large moles; freckles; fair skin; or blond, red or light brown hair.

Sun in Your Eyes

Research has tied increased exposure to UV radiation to cataracts, pterygium (tissue growth that can block vision), skin cancer around the eyes, and macular degeneration. To minimize eye damage, wear sunglasses with 99 to 100% UV protection.

Source: National Safety Council; Environmental Protection Agency

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

Founded in 1925, CopperPoint Insurance Companies is a western-based super regional commercial insurance company and a leading provider of workers' compensation and commercial insurance solutions. With an expanded line of insurance products and a growing 10 state footprint in the western United States, CopperPoint is in a strong position to meet the evolving needs of our brokers, agents and customers.

The company has \$4.8 billion in total assets and an enterprise surplus of \$1.4 billion. The CopperPoint Family of Insurance Companies include CopperPoint, Alaska National and PacificComp. All companies are rated A (Excellent) by AM Best.