week, but this again depends upon the season, the weather, and
the quality of turf. Two to three applications per week is best for
the turf (depending on soil type). Watering a little every day only
encourages shallow roots and this leads to other problems.

All sprinklers and their corresponding nozzles are rated for
gallons per minute (or m$^3$/L) and precipitation in inches per hour
(or mm/hr).

If the reader requires to know more about his/her particular
sprinklers rated performance, your supplier or manufacturer can
provide this information.

The author has only described spring maintenance on the most
basic type of system. As technology improves and water conser-
vation becomes more and more important, there are many wor-
thy features that are gaining acceptance because of the amount
of money they can save in operational expenditures. For exam-
ple:

- Moisture Sensing Devices
- Rain Sensing Devices
- Matched Precipitation Sprinklers

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**WORKING UNDER THE SUN**

**A Health & Safety Issue**

Outdoor workers are exposed to dangerous levels of ultra-
violet radiation sun exposure which, over the years, can
cause premature skin aging, skin cancer and cataracts in
older people.

**Personal Protection**

Workers exposed to excessive U.V. radiation should use the following
personal protective equipment:

1. Wear a broad brimmed hat.
2. Wear U.V. blocking safety glasses.
3. Wear tightly-woven clothing covering on as much of the body as
   practicable.
4. Wear sunscreen with a minimum SPF15 (Sun Protection Factor)
   and effective against UV-A, UV-B on all exposed skin.

NOTE: The use of UV-safety measures should not lead to other safety
risks. The risk of head injuries from using hats with inadequate
impact protection, for example, or the risk of heat stress from wearing
heavy clothing in hot environments.

Sun screens must be applied at least 15 and preferably 30 minutes
before going out into the sun. This allows the active ingredients to
bind with the skin and achieve the protection level. This is especially
important with water-proof sunscreens.

Blockage of U.V. rays solves only part of the problem. Anytime the
skin is exposed to the sun, it also loses a tremendous amount of
moisture. This moisture loss is a major cause of skin peeling and
flakiness, regardless of the amount of "sunburn". Choose a sunscreen
with a quality moisturizer and Vitamin E to rejuvenate the skin.
Simple precautions by outdoor workers can certainly go a long way
in reducing the occupational hazard of UV over-exposure to those
who work under the sun.

*Courtesy John Marlatt, Solar Bear*