

Protect Yourself from the Heat and Sun

By Barbara Mulhern, Editor, Gempler's ALERT, web site: www.gemplersalert.com

Working outdoors in the heat and sun can result in serious problems if you don't take certain precautions. These precautions range from using an appropriate sunscreen and wearing the proper clothing to drinking sufficient amounts of water.

Repeated exposure to the sun day after day, year after year, increases your risk of aging, wrinkling or drying out of the skin; skin cancer; lip cancer; and damage to the eyes. Too much exposure to the sun's ultraviolet rays can harm you, even if you have dark hair and dark skin.

Here are some precautions you can take:

- Limit the amount of time you spend in the sun. If you're working outdoors all day, take a break indoors if possible or in the shade.
- Use sunscreen with a sun protection factor (SPF) of 15 or greater. Apply it 20 to 30 minutes before going out in the sun; then reapply it during the day. Use it on your face, neck, hands, forearms, and other unprotected areas of the skin. *Note: Titanium oxide or zinc oxide offer good sun protection for the nose and lips.*
- Know that the sun's rays are the strongest between the hours of 10 a.m. and 4 p.m. Be especially careful to protect your skin from exposure during those hours.
- Wear sunglasses to protect your eyes. Be sure the sunglasses you choose filter at least 90 percent of the sun's ultraviolet rays.
- Wear the proper clothing. Lightweight, light-colored clothing (such as cotton) that "breathes" is a good choice. Be sure your arms and legs are covered, and that your clothes aren't too tight. It's also important to wear a hat that shades your ears, face, temples and the back of your neck from the sun. A baseball cap alone won't adequately protect you. If you do wear a baseball cap, wear it with a neck shade or look for a baseball-style cap that has a protective sun flap.

Protection from heat illnesses

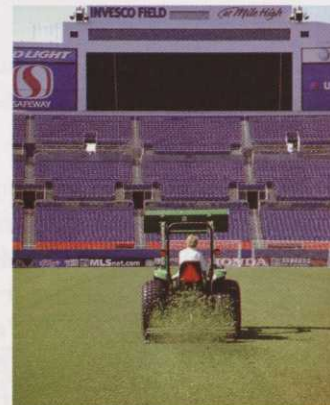
It's not just the sun that presents serious hazards. Heat-related illnesses, which can be immediately life-threatening, often result when strenuous tasks are being performed outdoors in hot weather. Here are some tips to help protect you:

- Give yourself time to adjust to working in the heat. Try to schedule the most strenuous tasks during the coolest times of the day.
- Have a sufficient amount of drinking water on hand. Drink small amounts of water at a time several times a day - not just when you're thirsty.
- Choose the coolest possible personal protective equipment (PPE). Make sure you wear the PPE that's required for the job, but not any more than what is needed.
- Take your physical condition into account when working in the extreme heat. Conditions such as pregnancy or obesity can make a person especially susceptible to heat stress.



THATCH MASTER

FINE TURF VERTI-CUTS



Now available in 72" Width

BENEFITS

Along with other management practiced, regular verti-cutting is a tool that can help to maintain or create a World Class field.

It does this in several ways:

1. Cuts booth stolons & rhizomes creating growth and a thick, lush turf.
2. Removes excess thatch allowing gas exchange and facilitating water infiltration.
3. Creates seedbed for overseeding.
4. Helps transition by thinning out overseeded grass and stimulating growth of the underlying turf.

Turf Specialties, Inc
1-800-201-1031

GN-1™
Hybrid Bermuda

- Exceptional dark green color
- Lower maintenance costs
- Excellent wear recovery
- Good cold tolerance

Is your turf as tough as your team?



Pacific Sod
The Professional's Choice
800 942-5296
www.PacificSod.com