



July 2019

SWOSU Bulldog Wellness Committee

Description

UV Safety Month

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month! We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

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SWOSU

Wellness Newsletter

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UV Safety Month

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month! We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely. Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Unfortunately, there are things you can do to minimize the risk that comes with sun exposure.

- **Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.
- **2. Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.
- **3. Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.
- **4. Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palm-full) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

Triathlon in a Month Challenge

Join individuals all over Oklahoma in a virtual triathlon challenge to complete YOUR triathlon of YOUR own design. This July challenge is to encourage Oklahomans to get active, enjoy different “activities”, push personal goals, and have fun in the summer time!

Those new to Health Code will need to create a login to participate. Once you login, you will select “Triathlon in a Month 2019”, and then the “Bronze Option”. Under “My Profile”, you can log your time, beginning July 1, and check on stats (under “OK State Gov’t Employees”). Higher Education is logged under Regents for Higher Education. Registration website: <https://events.healthcode.org/events>

This opportunity is brought to you by the OK Office of Management and Enterprise Services (OMES) and your Bulldog Wellness Committee!

SWOSU Staff Picnic

Wednesday, July 17th from Noon-1:00PM SWOSU Staff Support Council is sponsoring an indoor picnic for all SWOSU staff in the Student Union Ballroom. Enjoy free hamburgers, hot dogs, cookies and drinks.

Standing Desks

In an effort to promote a healthier workspace we appreciate all who inquired about the standing desks. They have all been rented out and the next period will begin in October. As a Wellness Committee we encourage you to get creative with ways to stay active during your workday and are here to answer any questions on how to do so!

Summer Camps

SWOSU is offering 31 youth camps on the Weatherford campus. Check them out on the website here <https://www.swosu.edu/resources/summer-camps.aspx>

App of the Month



Discover the UV Index of your current location or somewhere else by using the Weather app on your iPhone or Android. The UV Index ranks the sun’s emitting UV rays on a scale from 1-10. With July being UV Safety Month this is a great tool to be aware of if you’re going to be spending any time outside. In high UV Index locations be prepared by wearing protective clothing, sunblock, hats, or sunglasses.

To find more information regarding health and wellness provided by SWOSU check out the Wellness page at <https://www.swosu.edu/bulldog-wellness/index.aspx>