

Safety Matters **Trucking**

Provided by: Reseco Insurance Advisors

Skin Safety for Drivers

You may not think it, but as a truck driver, you may be exposed to harmful sun rays, especially while sitting in a truck cab for many hours every day. In fact, according to the Centers for Disease Control and Prevention, UV (ultraviolet) rays can damage skin in as little as 15 minutes.

When you spend most of your day on the road, sun exposure adds up. While the windshield of a vehicle may lessen the amount of UVB rays that enter the cab, side windows typically don't. And, in general, glass does not protect against UVA rays. You also risk sun exposure when you are loading your trailer, washing your rig or stopping for a meal or break.

Unprotected sun exposure can lead to painful sunburns and even skin cancer. Some visible effects of sun damage include freckles, wrinkles, skin leathering, loose or dry skin, spider veins and age spots. Here are some sun protection tips to consider when getting ready for your route:

- **Wear sunscreen daily**—Broad-spectrum sunscreen offers protection from both harmful UVA and UVB rays. Consider a sunscreen in the range of SPF 30 to SPF 50. A water-resistant sunscreen will keep you protected while sweating.
- **Be mindful of peak hours**—The sun tends to be the strongest between 10 a.m. and 2 p.m. While driving can't always be avoided during that time, take extra precautions during the middle of the day.
- **Adjust your wardrobe**—Wear clothes and hats that shield your skin and provide extra coverage to your arms, legs, face and neck. Not all fabrics and colors provide equal protection. Choose dark or bright colors and densely woven cloth, like denim or synthetic fabrics. Pay special attention to the left side of your body.
- **Wear quality sunglasses**—Invest in high-quality sunglasses labeled to block both UVA and UVB rays. Wraparound sunglasses provide the best protection for your eyes and skin on your face.
- **Screen yourself regularly**—Early detection is critical to treatment options. Be mindful of any skin discoloration or changes, and discuss them with your physician.

If you have questions or concerns about skin safety while driving, talk to your supervisor.

