

*Safety Committee's
Monthly Tip*

ENJOY THE SUNNY DAYS WHILE STAYING SAFE & PROTECTED!



**See Attachment for OPWDD'S Summer 2026
Health & Safety Alert**

Always wear sunscreen.

Apply sunscreen with SPF 30 or higher at least 15 minutes before going out. Reapply often.

Wear protective clothing.

Cover up with long sleeves and pants. Put on a wide brim hat to protect your face and neck.



Wear sunglasses.

Keep your eyes protected with sunglasses that are designed to block UV rays.

Don't stay out in the sun too long.

Limit your time in the sun, especially between 10 AM and 4 PM. Seek shade if you can.

Know your own skin.

Regularly check your skin for any changes or anything unusual. See a doctor if needed.