

WORKING ON WELLNESS

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

JULY IS UV SAFETY MONTH



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. Providing sun protection for outdoor workers helps create a healthy and safe workplace. It can also increase productivity, which saves money in the long run.

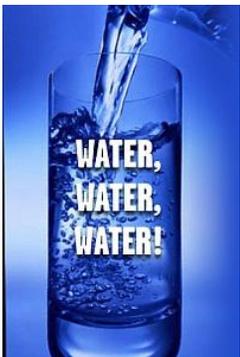
Sun Protection for Employees

- Encourage sun safety among your employees and provide sun protection when possible.
- Use tents, shelters, and cooling stations to provide shade at worksites.
- Schedule breaks in the shade and allow workers to reapply sunscreen throughout their shifts.
- Create work schedules that minimize sun exposure. For example, schedule outdoor tasks like mowing for early morning instead of noon, and rotate workers to reduce their UV exposure.

UV Workplace Policy

Include sun-safety information in workplace wellness programs. The following [Worksite UV Protection Model Policy](#) has been developed by the Chronic Disease Partners Model Policy Workgroup. The downloadable policy is evidence-based and may be adapted to fit your specific organization.

HEALTHY AT WORK



Drink, Drink, Drink!

Getting enough water every day is important for one's health. [Water bottles](#) with time markings can help you stay hydrated throughout the work day.



Lunch Ideas for Work

Life can get hectic, and packing healthy lunches doesn't always fall high on our priority list when it comes to surviving the hustle and bustle. Try waking up 15 minutes early to pack a [heart healthy lunch](#). Looking for additional lunch ideas, [Daily Burn](#) has you covered!

Move More & Sit Less

Adults should move more and sit less. CDC has released the *Physical Activity Breaks for the Workplace May 2021 Resource Guide*. In this [GUIDE](#) you can find resources to do so in the categories of Physical Activity Breaks. These categories consist of Simple activities, Medium-Level activities, and More Complex activities.

