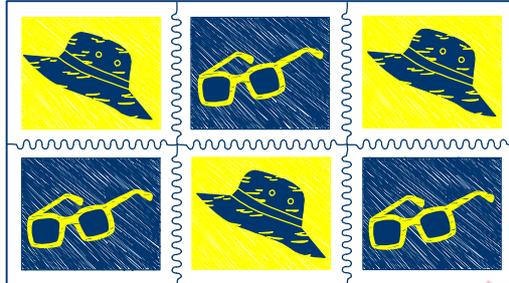


# **Presentation 1**

## **Sun Safety Introductory Presentation**

# Project SUNWISE



A Sun Safety Program for Letter Carriers

[1]

Thank the safety captain for introducing you.

Hi, my name is \_\_\_\_\_ and I'm here today to talk to you about Project Sunwise, a sun safety program for letter carriers.

**Don't let the sun take  
a "bite" out of you.**



[2]

We know that you face many dangers on the job, but we don't want the sun to take a "bite" out of you.

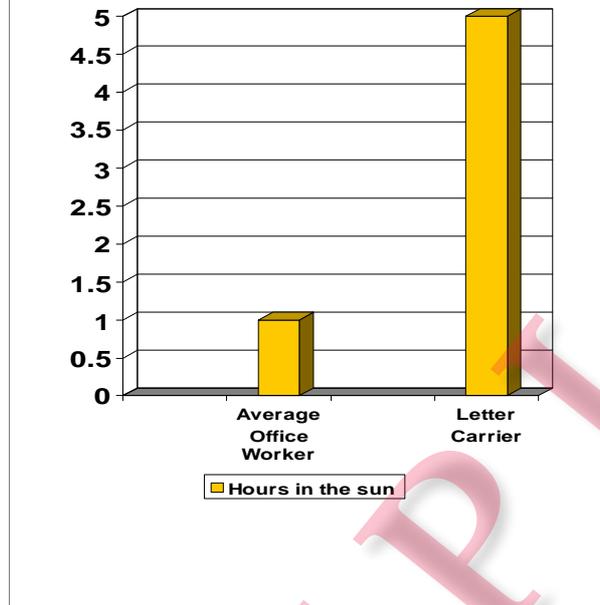
## The Problem



[ 3 ]

The sun fades your clothing [POINT TO PANTS] and mailbags. As you can see, this belt has served to block the waist of the pants [POINT TO WAIST] from the sun. The sun is also damaging to your skin. Ultraviolet radiation (UVA and UVB) is the primary cause of skin cancer. These rays also cause sunburn, wrinkling, and sagging. The harmful effects add up over time.

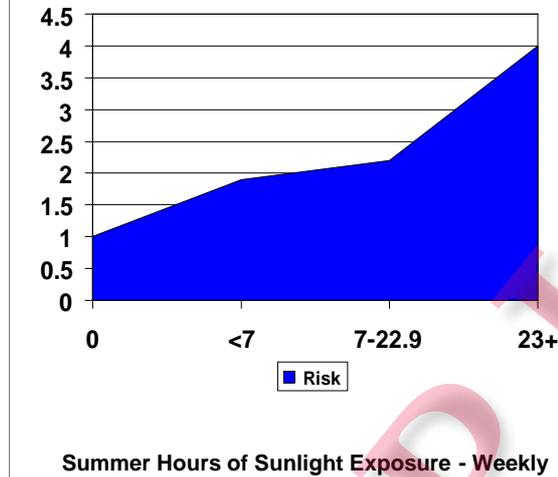
## Time in the sun



[4]

1 in 5 Americans will get skin cancer. The average office worker is in the sun about 1 hour per day [POINT]. However, letter carriers are in the sun an average of 5 hours per day [POINT]. And the 5 hours do not include time in the vehicle. You get sun exposure even when you're in your vehicle.

## Occupational Risk for Skin Cancer



[5]

This [POINT ACROSS HORIZONTAL AXIS] shows the number of hours of sunlight exposure over a week, from 0 [POINT TO ZERO] TO 23 [POINT TO TWENTY-THREE] hours. And this [POINT UP AND DOWN VERTICAL AXIS] shows the risk of skin cancer from no or low risk [POINT TO ZERO] to high risk [POINT TO 4.5]. As you can see, as the time in the sun increases, so does the risk of skin cancer [POINT AND MOVE ACROSS THE BLUE DIVIDER LINE, FROM LEFT TO RIGHT].

## Skin Cancer

---



[ 6]

This [point to slide] is an example of a melanoma, the most serious type of skin cancer. As part of the materials we'll give you today, we've included more pictures of skin cancers. If you are concerned about something on your skin, visit your doctor.

People with fair skin may have a greater risk of skin cancer. However, people of all skin colors, including very dark, who spends a lot of time in the sun (ALL OF YOU) can get skin cancer. Raise your hand if you have/had something on your skin that was suspicious

## Carrier's Corner



[7]

Some of you may know Allan Stancliff. He was a carrier for many years. Allan recently had a pre-cancerous growth removed. Raise your hand if you or another carrier you know has had something suspicious on their skin removed

So what do you do? Wide-brimmed hats (at least a 2-3 inch brim) offer the best protection. Your pith helmets have a 2-½ inch brim. Baseball caps do not protect the ears or neck, and visors provide no protection for the head, neck, or ears. [HOLD UP EACH TYPE OF HAT/VISOR AS YOU MENTION IT].

Some carriers have gone to great lengths...

**Frank**



**[8]**

One carrier, Frank, grew out his hair for neck protection [PAUSE]... but we will provide you with a hat.

EXAMPLE

**Mike**

---



**[ 9 ]**

Another carrier, Mike, made his own hat; this hat [POINT] started out as a pith helmet.

EXAMPLE

## SUNWISE Hat



[10]

As you can see [POINT], sometimes the hats that offer the best protection aren't the most practical. In developing the SUNWISE program, hats were worn by letter carriers. They rated several hats on weight, fit, breathability, and comfort. Based on carrier's feedback, this hat [HOLD UP] had the best features. The manufacturer modified the hat just for letter carriers by adding a wicking material to the top for added coolness. The brim is approximately 3 inches wide. And it has a chin strap, which is removeable. We'll be giving you an information sheet about this hat's additional features.

Since 90% of skin cancers occur on parts of the body exposed to the sun, try to cover as much skin as possible. Although long sleeves and long pants are best...

## Cover-up



[11]

...on a hot summer day they may be as comfortable as a suit of armor. So when it's hot, use sunscreen. Also, don't forget eye protection. Use sunglasses that have broad-spectrum UV protection.



[12]

You protect the mail; do you protect your skin? Always apply a thick layer of sunscreen before starting your route. Use 1 full oz for covering your whole body. If you forget to put on sunscreen before your shift, keep a bottle in your vehicle and apply it later.

May I have a volunteer? [AT THIS POINT HAVE A CARRIER COME TO THE FRONT]. Please show us how much sunscreen you would use to cover your whole body. [HAVE THEM SQUIRT SUNSCREEN INTO THEIR HAND. DO THIS TO DEMONSTRATE AMOUNT – NO THAT'S NOT ENOUGH, ETC. SHOW GROUP, THEN WIPE SUNSCREEN OFF OF HAND INTO THE SCOOP]. One oz. is the amount that would fill a coffee scoop.

You should use a broad-spectrum sunscreen; this will block both UVA and UVB. Cover your ears, lips, neck, and hands.

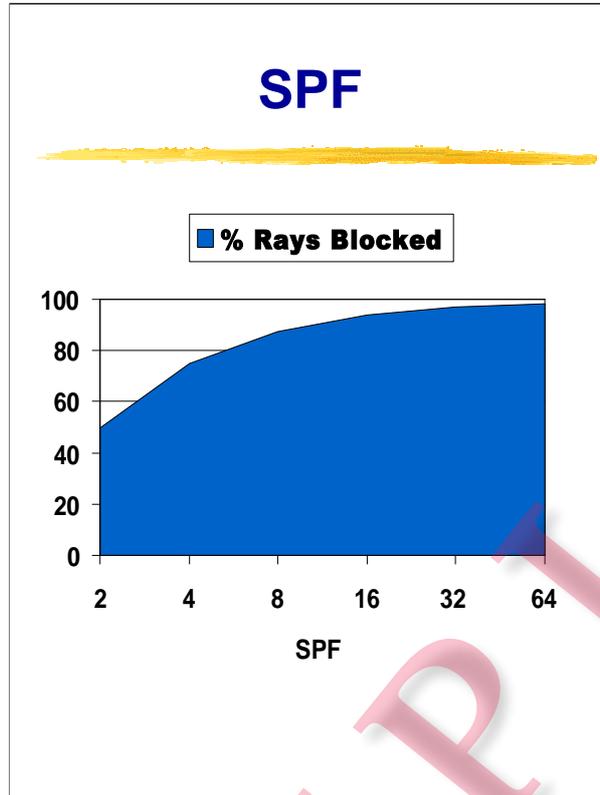
You've heard of NDCBU and DPS, here's one more acronym...

## SPF

- **SPF = Sun Protection Factor**
- **SPF approximates the length of time you can spend in the sun without burning**
- **# minutes unprotected skin burns X SPF = burn time with sunscreen**
- **We recommend a sunscreen with SPF of 30**

[13]

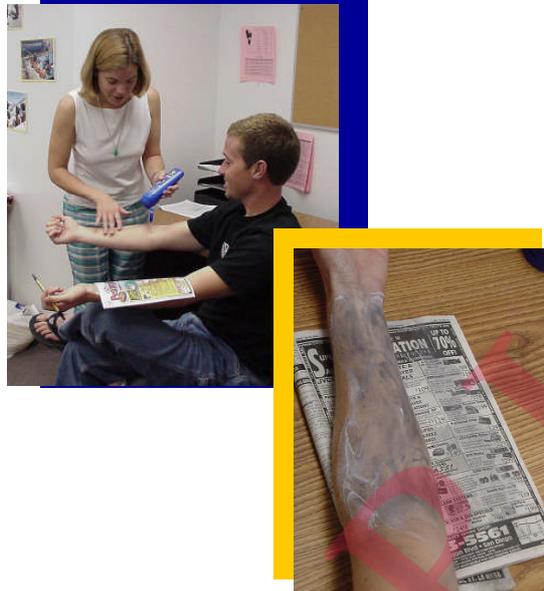
...S, P, F. SPF equals Sun Protection Factor. The SPF determines the length of time you can spend in the sun without burning. The # minutes unprotected skin burns times SPF equals burn time with sunscreen. So, if you have skin that would burn in around 10 minutes without sunscreen, an SPF of 30, if applied correctly, would give you protection for approximately 300 minutes (or 5 hours). We recommend a sunscreen with SPF 30 or higher.



[14]

This [POINT TO THE HORIZONTAL AXIS] shows various SPF's of sunscreens from 2 to 64. This [POINT TO THE VERTICAL AXIS] shows the percent of rays blocked by each SPF, from 0 to 100%. As you can see [POINT BETWEEN 32 TO 64, FROM LEFT TO RIGHT] beyond an SPF of 30, the UV reduction is minimal. For the general public, anything 15 or higher is recommended. But because you are outdoors so often, and get exposure even when you're in your vehicle, we are recommending sunscreen with an SPF of 30.

## The PennySaver Test



[15]

As you can tell, we take sunscreen seriously. When choosing a sunscreen for this project, our staff tested a variety of sunscreens for ease of application, feel, and the smudge factor. We applied a thick layer of sunscreen onto our research assistant's arm and did the Pennysaver test. Don't worry we did not chose this sunscreen [POINT TO SMUDGED ARM IN BOTTOM PHOTO].

## Sunscreen

- **Pilot-tested**
- **Coppertone Sport**
  - **Low smudge factor**
  - **Broad spectrum**
  - **Water/Sweat proof**
  - **Pleasant consistency**
- **Please call us if the sunscreen bottles in the restroom are empty-**  
**619-594-8745**



[16]

Coppertone Sport, with SPF 30, had the most desirable features [POINT TO EACH BULLET AS YOU GO...]. This is a broad-spectrum sunscreen which blocks both UVA and UVB, with a low smudge factor. It is water/sweat proof, and has a pleasant consistency. We are providing you with a bottle today, and are also placing bottles in the restrooms. Please call us if the bottles in the restrooms are empty, and feel free to “fill up” your personal bottle there.

## Project Sunwise



[17]

In addition to the sunscreen, we will be providing hats, water bottles, and other skin cancer information. We will be back periodically to distribute sun safety materials. We want all of you to be Sunwise.

Are there any questions?

## **Presentation 2**

### **Sun Safety, Even in Winter**

# Project SUNWISE



A Sun Safety Program for Letter Carriers

[1]

Hi, my name is \_\_\_\_\_ and I'm here again to talk to you about Project SUNWISE-your sun safety program.

EXAMPLE

## Summer Weather



[2]

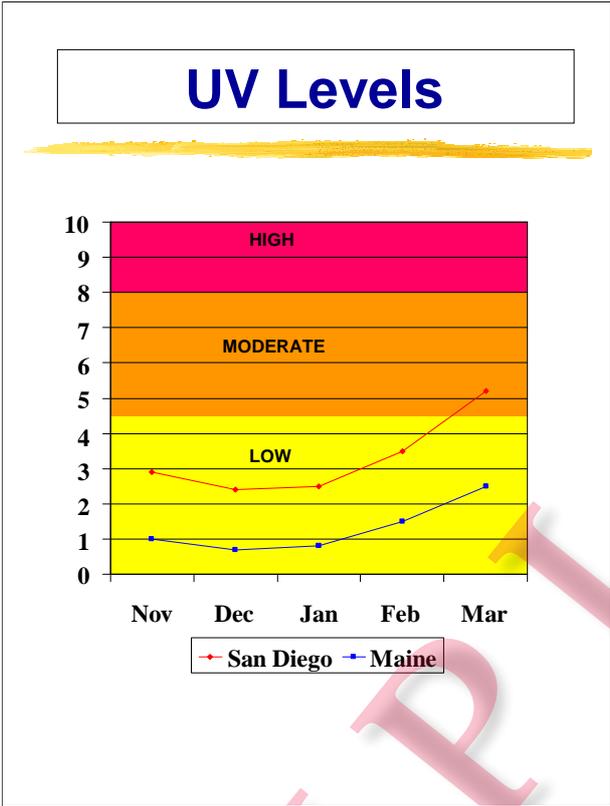
Last time I was here, it was in the heat of the summer and I talked to you about how to protect yourself from the sun.

## Winter Weather



[3]

Now, it is winter-time and the weather hasn't changed much--Big surprise. Even though it may seem colder and cloudier outside, you still need protection from UVA/UVB rays. We want you to be sun safe!



**[4]**

This graph compares the ultraviolet levels between California and Maine. First, it is important to understand what the UV levels mean. 0-4 is low, 5-7 moderate, and 8 or greater is high UV exposure.

As you can see, during the winter months, San Diego can have UV levels up to 5.2, compared to Maine, with UV levels only up to 2.5. In fact, Southern California has winter UV levels higher than the majority of other U.S. locations. And- if you remember our first talk, letter carriers spend an average of 5 hours per day outside in the sun. So, based on how often you are outdoors and the winter UV levels in Southern California, your potential exposure to UV is high, even in winter.

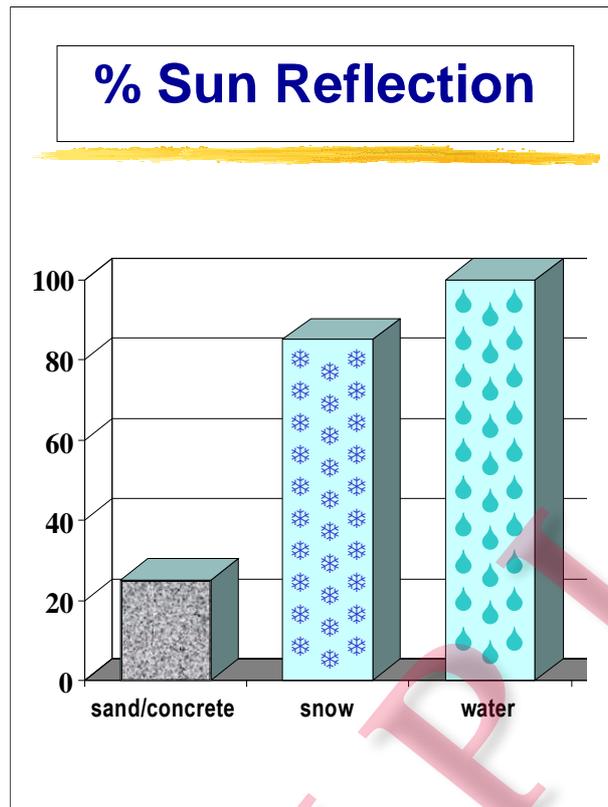
[5] (\*\*No slide for this dialog; will be using volunteer participation)

With that in mind, we want you to protect yourself from the UV rays even in the winter.

Let me introduce my volunteer(volunteer is bundled up w/ scarf, mittens, jacket, etc.). \_\_\_\_\_(name of carrier) come on out, your the next contestant on "How to be Sun Safe"! \_\_\_\_\_(name of carrier) is modeling complete UV protection; I would recommend wearing this on your route...oops! I forgot you live in California, not Alaska!

A typical t-shirt has a SPF (sun protection factor) of about 8. As you increase your layers of clothing, you increase your level of protection from the sun. However, if you decide not to wear all this (point to carrier/volunteer that is dressed up), (have volunteer then take off some of the "extra" clothing), make sure to apply 1 oz of sunscreen to your whole body.

Let's give \_\_\_\_\_(name of volunteer) a round of applause for being a good sport, along with your very own \_\_\_\_\_(prize to be decided on).



[6]

Not only do you get UV damage directly from the sun, you can get damage indirectly from the sun's reflection. As you can see, water gives off the greatest amount of reflection-up to 100%. Sand/concrete reflects about 25% and snow up to 85%. The one thing you won't need to worry about is snow!

(WHILE FLIPPING) Now let's talk about photosensitivity...

## Photosensitivity???



[7]

Oh, I don't mean this kind. But instead...

EXAMPLE

## Photosensitizing Medications

- Antibiotics
- Anti-Depressants
- Cold Medicine
- Other
  - Oral Contraceptives
  - Skin Creams



[8]

I'm talking about the photosensitivity caused by certain medications. Photosensitivity refers to your skin becoming more sensitive to the sun's rays. If you are taking medication, including ones like these (point to slide), there is a good chance it may cause sun sensitivity.

We will be handing out a more detailed list of photosensitivity causing medications. If you are taking any of these medications, please talk to your health care provider or pharmacist and remember it's even more important to wear a hat and sunscreen because you're even more vulnerable to the effects of the sun.

**[9]** (\*\*No slide with this dialog)

I know you don't know what other carriers are doing out on their route (except delivering mail of course), so raise your hand if you have been wearing sunscreen regularly.

Good to those of you who have been. For those of you who haven't been wearing sunscreen, remember to lather up in the locker room! (then turn to next slide)

## Project Sunwise



[10]

Now, raise your hand if you have been wearing your blue SUNWISE hat. (pause) Oh, I can see the SUNWISE hat seems to be a hot commodity. Next time I ask, all of you should be raising your hand!

Today we will be handing out \_\_\_\_\_. Also, be on the look out for new Dr. Larry Q & A signs each month. I will be handing out a card shortly. Please write down any questions you have for Dr. Larry and return the card to me. And, if the sunscreen bottles in the restrooms get low, YOU (point to all carriers) give us a call; even if you think someone already called, call again. We don't mind because we love to hear from you!

Remember -- wear your hat and use your sunscreen!

Any questions???

# **Presentation 3**

## **Sun Safety for your Eyes**

# Project SUNWISE



A Sun Safety Program for Letter Carriers

[1]

Hi, my name is \_\_\_\_\_ and I'm here again to talk to you about Project SUNWISE-your sun safety program.

EXAMPLE

## Sun In Your Eyes?



[2]

What SUNWISE strategies have we talked about before? **(PROMPT FOR ANSWERS BELOW)**

- wearing sunscreen SPF 30+
- wearing a hat
- wearing long sleeves/pants whenever possible.

As you know, when you take these actions, you're helping prevent skin cancer and other skin damage.

**(HEALTH EDUCATOR PUT ON LARGE GLASSES)**

What do you think we're going to talk about today?

--sun damage that you can't always see - the damage to your eyes.  
**(HEALTH EDUCATOR POINT TO UNCOVERED EYES IN PHOTO)**

## Can You Read This?

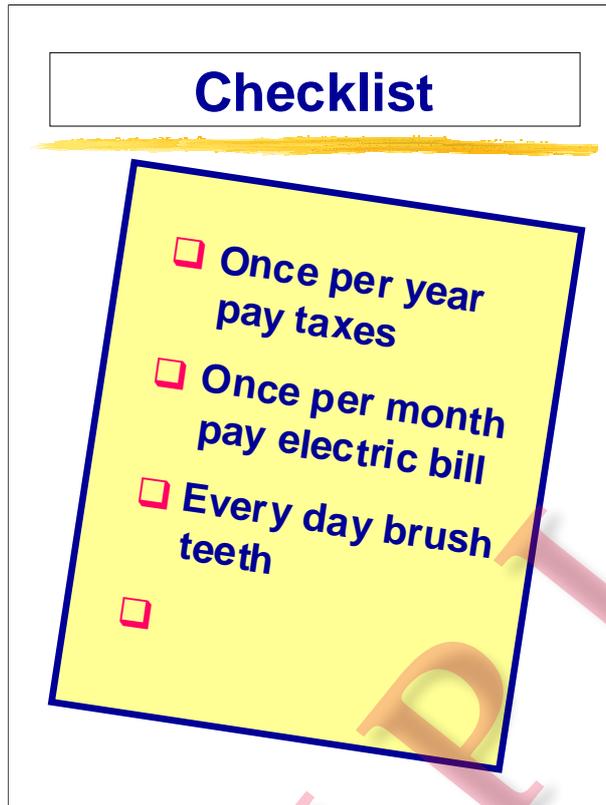


[3]

This is your eyes on cataracts and macular degeneration. Protecting your eyes is very important. Long term and repeated exposure to UV rays may lead to the development of cataracts (clouding of the eyes lens), macular degeneration (an incurable form of blindness), and other eyelid cancers. Light colored eyes, blues and greens, are more sensitive than darker eye colors. However, anyone who spends a great deal of time outdoors - ALL OF YOU - should protect his or her eyes. And this is regardless of whether your skin is dark or light... or how easily your skin tans or burns.

Like sun damage to your skin, your eyes can be damaged even on a cloudy day. Also, drugs that cause your skin to be more sensitive to the sun may also increase the risk of eye damage.

So what should you do? Wearing a brimmed hat cuts eye exposure, but only by about 1/2. So you need to wear sunglasses!



[4]

If you don't pay your taxes you get audited, if you don't pay your electric bill your power is turned off, if you don't brush your teeth people avoid you.... Even though your friends will still talk to you if you don't, you should wear protective sunglasses daily. But how to choose.....

**VOLUNTEER - TRY ON EACH TYPE OF SUNGLASSES AS YOU DESCRIBE**

There are 3 main types of sunglasses:

- Cosmetic (**POINT TO CARRIER**) sunglasses block up to 70% of UV rays. These glasses are usually lightly tinted. Trendy or popular glasses are often small and do not provide adequate protection.
- Special Purpose (**POINT TO CARRIER**) sunglasses block 99% of UV rays. However, special purpose glasses are not for everyone and normally used for outdoor sports such as skiing, those who have had cataract surgery, and the elderly.
- General Purpose (**POINT TO CARRIER**) sunglasses block between 95-99% of UV rays. Look for the label: Meets ANSI General Purpose UV Requirements. And also look at the label for the amount of UV rays the glasses block. We recommend one that blocks out 99% of all UV rays.

Maybe not as large as these... ( **HOLD UP VERY LARGE PAIR WITH ANSI STICKER ON LENS**)

## Where Are Your Glasses?



[5]

So, we found that you need to spend at least \$80 for a good pair of sunglasses - JUST KIDDING! The amount of UV protection is typically not related to price or name brand.

We will pass out a card with advice on what to look for when you buy sunglasses. There are also suggestions for those of you that wear prescription glasses.

Now, what's wrong with this picture?

Your glasses will not protect you if they are lying on the dash in your van! It's probably difficult to keep track of them while you load your van and deliver mail. Try using a croakie and keep your glasses around your neck. That way you can take them on/off as necessary without losing them. We will be handing croakies out at the end of the presentation.

## Gift Certificate



[6]

Pacific Eyes and T's and Beyond the Beach have generously donated half price coupons for use in their stores. These can be used to purchase any PE brand sunglasses.

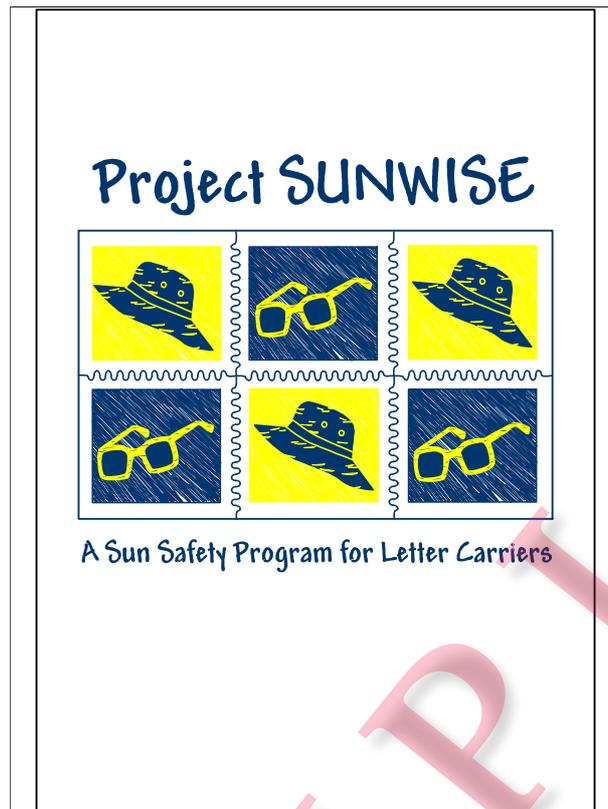
The most important things to remember when purchasing glasses are: large size lenses to cover your eyes, glasses that fit snugly, and a wrap-around design to help reduce rays from leaking in around the edges. And don't forget comfort - your glasses protect you only if you wear them!

So, how many of you are SUNWISE carriers?

How many have been wearing the hat? Wearing sunscreen? **(REMINDEE CARRIERS TO CALL IF SUNSCREEN IF THERE'S 1/4 LEFT)**. Using the lip balm?

# **Presentation 4**

## **Sun Safety & Loved Ones**



[1]

Hello, my name is (health educator) and once again I'm here to talk to you about Project SUNWISE- your sun safety program.

After being a SUNWISE carrier for over a year now, I'm sure you're all experts on how to be sun safe, right? So, to prove this, we'll have a little quiz so all of you can show off how much you've learned in the past year.

To help us out, let's bring out our lovely volunteer (volunteer).

## Which Carrier is Being Sun Safe?



[2]

Now, looking at these two pictures of postal carriers (volunteer), which one do you believe is being sun safe? {let carriers take quiz}

- Why did you choose this one? [Review sun safe behavior, ie. Hat, long sleeves, etc.]
- And which one of these do you most resemble? If it's this one (point) keep up the good work!

Okay, all of you did a great job at choosing your sun safe colleagues, but what about non-postal carriers?

## Celebrity Challenge



[3]

Looking at these celebrities, (volunteer), pick the one you feel is being sun safe. {Let carriers take quiz} Right...good job! (positive feedback)

As you can see, being sun safe isn't only important for letter carriers. Even big time Hollywood stars need to be aware of the dangers of the sun. Who wants to see a movie with actors that look like burnt lobsters?!?

Now let's see if (volunteer) can determine the differences of sun safely practices among everyday people.

## Family and Friends in the Spotlight



[4]

Which group(family) is being sun safe? {Let carriers take quiz} Right...correct!

As you can all see from these pictures, being sun safe is important for everyone- including the family pet! Living in Southern California, all of us, including our loved ones, are exposed to the UV rays of the sun on a regular basis.

Thank you, (volunteer), you did a great job. Here's a little token of our appreciation. {Give volunteer incentive/gift} It pays to know how to be sun safe. Let's give our volunteer a round of applause.

## As the Sun Beats Down...



[5]

Your children, parents, cousins, partners and roommates are all individuals who are active under the sun. Regardless of whether or not they specifically work in the sun, as all of you do, they are just as susceptible to the effects of sun damage.

As a SUNWISE carrier you know how to protect yourself while on or off the job, but what can you do to help influence your loved ones to be sun safe?

You are already influencing some of your loved ones without even noticing it. Even if you do not discuss sun safety issues with those around you, your actions probably speak louder than words.

## SUNWISE Checklist

- ✓ Role Model
- ✓ Encourage
- ✓ Convenience
- ✓ Start a Trend
- ✓ Discuss

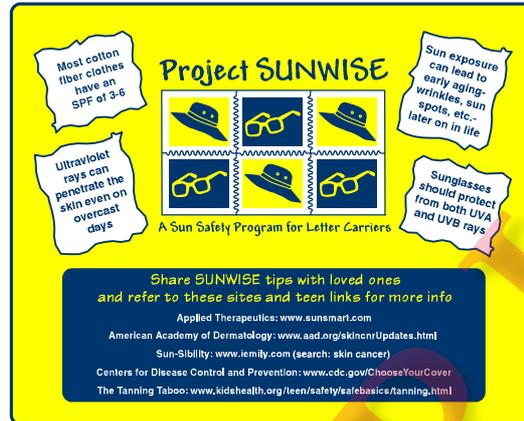


[6]

### This is our SUNWISE checklist

- Be a role model.** When others see you applying sunscreen, especially before going out into the sun, they are more inclined to do the same. By demonstrating sun safe practices, your observant loved ones are more likely to repeat what you're doing.
- Encourage them.** Remind others to protect their eyes from harmful UV with sunglasses before leaving the house. Your carriers can also serve as reminders to one another.
- Make sun safety convenient.** Place a bottle of SUNWISE sunscreen in a convenient location, such as next to your toothpaste. It will act as a cue to remind you that sun safety is a part of your everyday routine, just like brushing your teeth!
- Be a trendsetter.** Although you don't always realize it, your carriers act as trendsetters to those around you.
- Discuss.** The next time you and your loved ones are together at the dinner table, seize the opportunity. Ask your loved ones if they know what the dangers of the sun are and find out if they know how to protect themselves from the sun. After taking the quiz we had earlier, you should all be able to talk about this with those you love.

## Share SUNWISE Tips with Those You Love



[7]

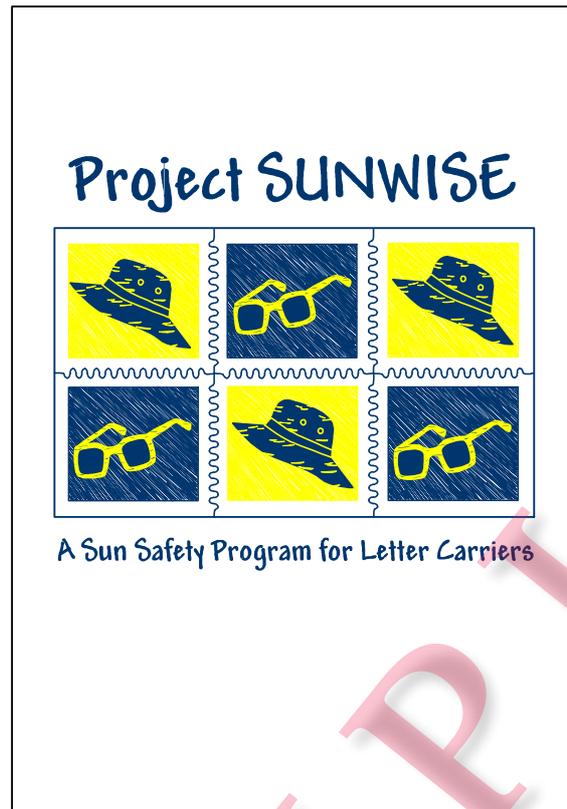
Today I will be handing out SUNWISE mouse pads. These are a great way to start a conversation about sun safety with your loved ones. [Point to mouse pad] There are web addresses with great sun safety information for adults and kids, including teens. I'll be going around to your cases to distribute your gifts as well as information on how to purchase new hats for those interested.

I thank you all for your time, patience and attention. You've been a great station. Remember to wear sunglasses, sunscreen and hats during the fall and winter months.

Be SUNWISE and encourage your family to do the same!

# **Presentation 5**

**Sun Safety is for  
Everyone**



[1]

Hello I'm \_\_\_\_\_ from Project SUNWISE, your sun safety program.

Today I am going to inform all of you about the risks you are exposed to because you work outdoors.

Many of you have shared your thoughts and opinions with us about the need for sun safety . . . And as you can see

## You Talked, We Listened...

**"African-Americans have darker skin, and are not as susceptible for skin cancer."**

**"It's a White person's disease."**

**"People of color don't need to worry as much as Caucasians or lighter skinned people."**

**"Darker skin is tough, pigment protects them from skin cancer."**

[2]

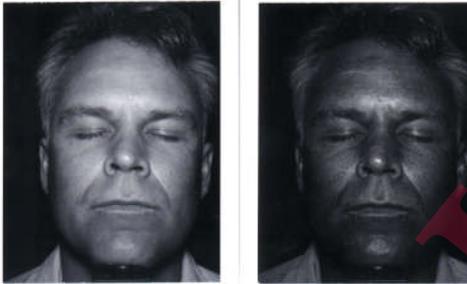
"You talked and we listened" [\[read comments\]](#)

These are some comments made by letter carriers of diverse ethnic and racial backgrounds. They represent generalizations and myths regarding skin cancer risks among African-Americans, Latinos, Asians, Pacific Islanders, and American Indians.

Outdoor workers are exposed to the sun 3x more than indoor workers.

Individuals within the same racial or ethnic group differ from each other in skin color and how easily they tan and burn. These factors, combined with sun exposure, are what place people at risk for skin damage - not race or ethnicity.

## A Lighter-skinned Carrier

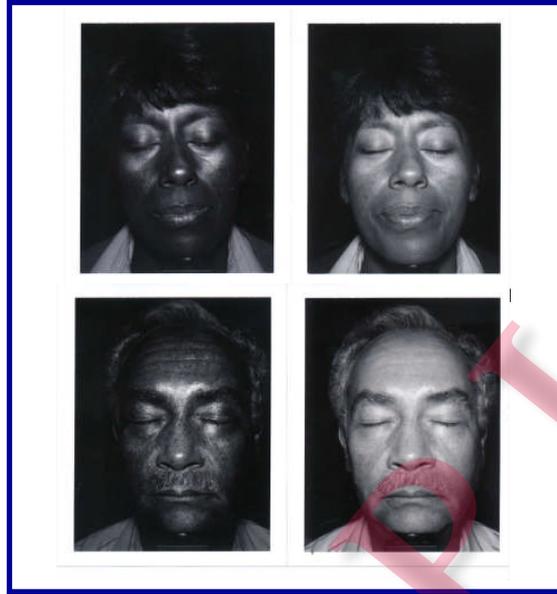


[3]

For this picture we used a special UV lens that shows sun damage. **[Point to damage]**

Spots and wrinkles are evidence of sun damage. This damage MAY become visible in years to come.

## Darker-skinned Carriers



[4]

Darker skin carriers also receive sun damage to their skin. I will leave these photos out so you can come closer at the end of this presentation.

## A Survivor's Story



[5]

Let me introduce an African-American woman who will share her experience with basal carcinoma . . . **[Press play]**

*"Most of my outdoor activities are gardening and I have been doing it ever since I was a teenager working out in the yard.*

*I had a blemish on my right cheek and it started changing day by day itchy, uh redness. The initial size of the blemish was the size of a pinhead and then it started getting larger as time went on.*

*Two weeks prior to going into the dermatologist I had made an appointment thinking that it was just sun damaged skin tissue. I thought liquid nitrogen would just remove it and then when I went into the doctor she immediately gave me a biopsy. She was suspicious of the blemish, it concerned her and it concerned me.*

*When I came back the next 2 weeks and she told me that I had skin cancer, it was basal cellular carcinoma. But it was unusual for me to have this kind of skin cancer since I'm a Afro-American woman.*

[6]

*I'm the only one in my family that has skin cancer and it was diagnosed in October of 2000. So I feel I am a survivor.*

*The treatment for my skin cancer was surgery, the doctor didn't give me any alternatives. It was a horrible feeling to have a chunk of your skin being removed as you watched the doctor trying to remove this growth I would never want to go through it again*

*The follow-up treatment was I had to go every month after the surgery and then every 3 months and I was told that I have to go in every 6 months for the rest of my life since I have skin cancer you'll always have it.*

*My closing words and advice to all carriers or anyone that's in the sun is to protect your skin with sun block, with clothing, and anybody is susceptible to getting cancer regardless of their race, creed, or color."*

## What We Have Learned...

- Use sunscreen with (SPF) 30 or higher
- On days off, limit sun exposure during peak hours (10:00 A.M. - 4:00 P.M.)
- Cover your skin as much as possible by wearing long sleeves and long pants
- Wear a 2.5 inch wide brimmed hat and sunglasses
- Perform regular skin self examinations
- Share this information with your loved ones



[7]

[Read chart]

Keep in mind that 90% of skin cancers occur on parts of the body directly exposed to the sun.

## UV Rays Don't DISCRIMINATE



[8]

Ultraviolet rays do not discriminate between different ethnic and racial groups. No one is immune to the effects of UVR. Remember, we are all in this together.

As a reminder I will be passing out a magnet that will keep all of you aware that Project SUNWISE is a *sun safety program for ALL letter carriers*.

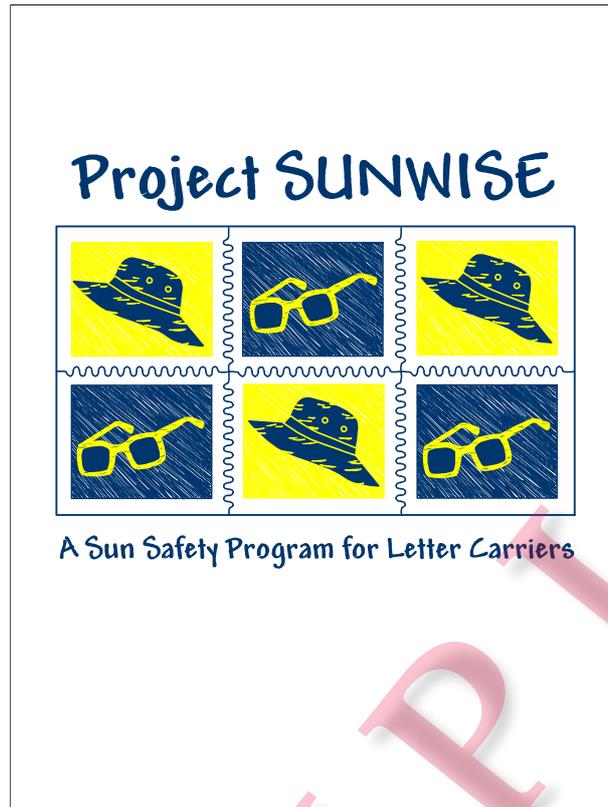
Continue to wear the blue SUNWISE hat, your sunglasses, and that cute SUNWISE croaky. Last but not least, lather up with the SPF 30 sunscreen that we provide you.

Thank you for your attention.

Be Sun Safe / Wise

# **Presentation 6**

## **Maintaining Sun Safety**



[1]

Hi, I'm \_\_\_\_\_ from Project SUNWISE your sun safety program.

I'm sorry to say that this is our last stand-up together. Today I will be recapping some of the major topics that we discussed in the past, as well as giving you some insight on how you can keep that SUNWISE momentum going -- even after we're gone.

Well this is my first set of stand-ups and the people at Project Sunwise told me that you are already experts on sun-safety. So tell me, what are some important sun-safety practices? [Great! Good! Etc. to their responses] Those are all good things to do. Now let's do a quick review...

**Don't let the sun take  
a "bite" out of you.**



[2]

We know that you face many dangers on the job, and we don't want the sun to take a "bite" out of you. Working outdoors, you are exposed to the sun 3 times more than indoor workers.

## Skin Cancer

---



**[3]**

This is an example of melanoma, the most serious type of skin cancer. Skin self-examinations should be done on a regular basis to check for any unusual spots on your body. If you are concerned with something on your skin, visit your doctor.

And don't forget about photosensitivity...

## Photosensitivity???



[4]

Oh, I don't mean this kind. But instead...

EXAMPLE

## Photosensitizing Medications

---

- Antibiotics
- Anti-Depressants
- Cold Medicine
- Other
  - Oral Contraceptives
  - Skin Creams



[5]

I'm talking about the photosensitivity that makes your skin more sensitive to the sun's rays. Certain medications can cause this to happen [read list]. If you are taking any of these, you are even more vulnerable to the effects of the sun.

## Where Are Your Glasses?



[6]

Do you know where your sunglasses are? Long-term and repeated exposure to ultraviolet rays may lead to clouding of the eye lens, blindness, and eyelid cancer. Continue to use your SUNWISE croaky to keep your sunglasses with you while you're on your route.

## Family and Friends in the Spotlight



[7]

As we all have learned, sun safety is important to you, your co-workers, and all of your loved ones. The knowledge you've gained should be shared with all those you care about -- even the family pet.

## UV Rays Don't DISCRIMINATE



[8]

Ultraviolet rays do not discriminate. A person's skin type, combined with sun exposure, is what puts them at higher risk for skin diseases -- not race or ethnicity.

## What We Have Learned...

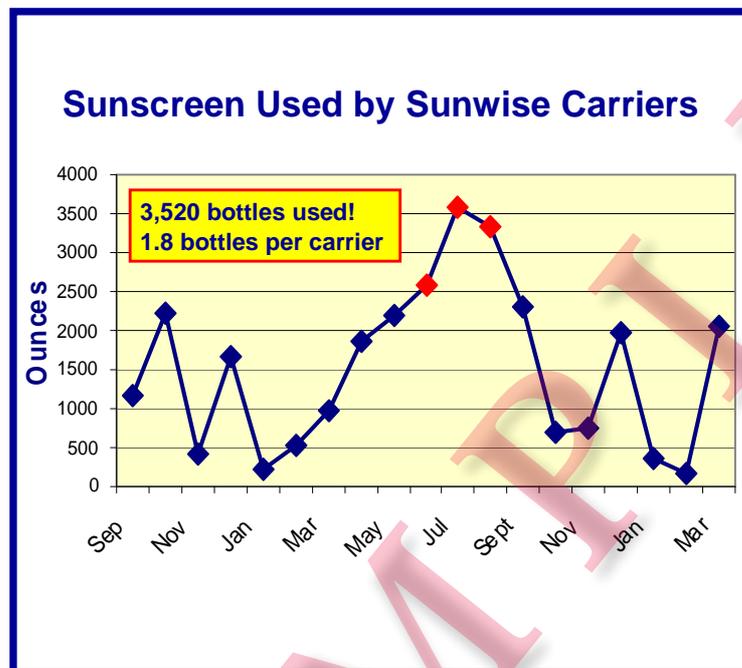
- Use sunscreen with (SPF) 30 or higher
- On days off, limit sun exposure during peak hours (10:00 A.M. - 4:00 P.M.)
- Cover your skin as much as possible by wearing long sleeves and long pants
- Wear a 2.5 inch wide brimmed hat and sunglasses
- Perform regular skin self examinations
- Share this information with your loved ones



[9]

So one last time...[read chart].

# You Did It – Great Job!



[10]

Since the program began, you have all listened and taken our sun safety messages seriously.

**[hold up 12 oz bottle]**

Approximately, 3520 bottles of sunscreen, just like this one, have been used by the carriers at the stations who were part of the Project SUNWISE education program. That's nearly two bottles per carrier -- great job!

Now there's only one thing wrong with this picture...what is it? [pause] Of course it's easy to remember to wear sunscreen during the summer [point to the peak on the graph] but don't forget it's important to protect yourself every day of the year.

Many of you have been wearing, and wearing out, the blue SUNWISE hat, too. In fact, over 100 carriers have purchased new hats at a reduced rate from the manufacturer to replace the original one we gave out. Again, great job!

**[11]**

You may be wondering, what happens now? We will continue to supply sunscreen over the summer, and, in the meantime, we are looking for additional funding to keep those sunscreen containers filled for you -- we'll keep you posted.

We will be handing out a keychain to remind you to be sun-safe all year round.

I thank you for your time. You've been a great station these past years. Good luck and stay SUNWISE.