



## Safety Message of the Day for IMEA Members



### UV Safety Awareness Month (July, 2023) Safety Message

According to the Centers for Disease Control and Prevention (CDC), Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun. Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow.