



How to Protect Your Employees

Encourage sun safety among your employees and provide sun protection when possible. This includes wearing protective clothing such as sunglasses and hats that shade the face, ears and neck. Schedule breaks in the shade and allow workers to reapply sunscreen throughout their day. If possible, modify the worksite by increasing the amount of shade available – for example with tents, shelters, and cooling stations. Decrease UV reflection by covering bright or shiny surfaces. 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.

Drive for work?

Did you know that glass effectively blocks UVB rays, and windshields are specifically treated to block UVA as well, but the side and rear windows allow UVA to penetrate? Be sure to protect your hands, arms, face, ears, and neck, paying extra attention to covering the left side of your body thoroughly.

Sun Safety

I know summer is here when the twinkling glow of lightening bugs can be seen in evening sky and the days are long, hot and humid! As you ramp up your outside activities, it's important that you remember to protect your largest organ – your skin!

Skin cancer is the most common form of cancer in the US with 5.4 MILLION people treated each year. Every 8 minutes someone is diagnosed with melanoma, the deadliest of skin cancers. Every hour, someone will die from melanoma. Yet Melanoma is almost always curable when it's found in its earliest stages!

Preventing melanoma is even better than finding it early, so let's revisit the ABC's of protecting your skin.

- Seek shade when the sun is most intense between 11 a.m. and 2 p.m.
- Apply sunscreen with an SPF between 30 and 50 and remember to reapply every 2 hours. If you don't like the way sunscreen feels, check out the lighter formulas such as L'Oréal's Invisible Protect, Neutrogena Ultrasheer or Cool Dry Sport, or Hawaiian Tropic Sheer Touch.
- If you have oily skin, look for a separate lotion for your face that won't cause breakouts, such as SkinCeuticals Physical Matte UV Defense or Neutrogena Hydro Boost Gel Lotion.
- Cover up with UV protective clothing. There are so many options now – shirts, bathing suits, shorts, hats, etc.
- Check your skin every month, and visit a dermatologist at least once a year.

JULY 2019



SUN	MON	TUE	WED	THU	FRI	SAT
	01	02 yoga 12 PM Bast 138	03 BODYPUMP 12 PM Bast 138	Holiday	04	05
06						
07	08	09	10	CAREGIVER SUPPORT GROUP Morehead Hall 4:45 P.M.	11	12
						13
14	15	16 yoga 12 PM BAST 138	17	18 BODYPUMP 12 PM BAST 138	19	20
21	22	23 yoga 12 PM BAST 138	24	25 BODYPUMP 12 PM/BAST 138	26	27
				CAREGIVER SUPPORT GROUP Moorehead Hall 4:45 P.M.		
28	29	30 yoga 12 PM BAST 138	31	31 BODYPUMP 12 PM BAST 138		

Recipe of the Month

Spicy Grilled Shrimp with Pineapple Sauce

- 1 lb. Large shrimp, cooked and deveined
- 6 grilling skewers
- 2 T. Coconut oil or butter, melted
- ¼ t. Cayenne powder
- ½ t. Crushed red pepper
- 1 lime
- 2 T. Fresh cilantro (optional)
- 6 grape tomatoes, minced
- ¾ c. Pineapple, minced

Preheat grill to 350 degrees (medium high heat)

Fully thaw the shrimp and place 4-5 on each skewer

Mix the oil/butter and cayenne powder, then brush on each shrimp

Grill on each side, 3-5 minutes until opaque

Mix minced pineapple and tomatoes together to create a salsa

Top each skewer with crushed red pepper, fresh lime juice, cilantro, and pineapple salsa and enjoy!



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Kate Smith is on maternity leave; her normal schedule will resume in July. Please contact Leighann Boyer at boyer@roanoke.edu for any questions or general wellness inquiries.



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