

KWORDS *from* KWORCC

Sun Safety!

Preventing Harmful Effects of the Sun

Sunburn, skin cancers, and other sun-related adverse health effects are largely preventable when sun protection is practiced early and consistently. Despite the fact that suntanning and burning increase skin cancer risks, most Americans do not protect themselves from the sun's damaging rays

Attitudinal barriers to the sun must be addressed and changed before behaviors will change. Attitudinal barriers to sun protection include the beliefs that it is necessary to use sunscreens only while at the beach or pool rather than year round, "a suntanned body is a healthy body," and "you can only get a sunburn in the summer".

The best sun protection is provided when all the sun-safe behaviors are practiced together. Sun protection habits include

- Limit sun exposure during the hours when the sun's rays are the strongest, 10 a.m. to 4 p.m. To the extent possible, people should limit their exposure to the sun during these hours. Your shadow is an indicator of the sun's intensity. The American Academy of Dermatology has established the Shadow Rule: No Shadow-SEEK SHADE.
- Seek shade whenever possible. Shade structures such as trees and umbrellas provide year round protection. Although trees do not offer complete sun protection, they provide about 60 percent blockage from the sun's rays.
- Wear a wide-brimmed hat, sunglasses and long-sleeved, tightly woven clothing. Clothing can physically block out the sun's harmful rays and should be one of the first lines of defense against sun exposure. Sunglasses should block out 100 percent of UVA and UVB radiation to protect the eyes from damage. Hats are the best way to minimize UV radiation exposure to the face, head, ears and neck.
- Use broad-spectrum sunscreens whose active ingredients block UVA and UVB rays. The Sun Protective Factor (SPF) should be a minimum of 15. Sunscreens should be used every day, including cloudy days. They should be applied liberally and evenly before going out into the sun and should be applied frequently, especially after swimming.

- Avoid tanning salons. Artificial UV radiation is just as bad for your skin as sunlight. Most tanning devices use UVA rays which have been shown to go deeper into the skin and contribute to premature wrinkling and skin cancer.
- Limit exposure to the reflective surfaces like snow and water. UV rays can be reflected off of sand, tile, water, snow and buildings. It is important to practice sun protective behaviors even while in the shade.



Risks from Overexposure to UV Radiation

Exposure to UV radiation appears to be the most important environmental factor in the development of skin cancer and other UV related adverse health effects. Besides the immediate effect of sunburn, over time, excess UV radiation can cause skin cancer, eye damage, immune system suppression and premature aging.

Skin type is the most important factor in determining a person's risk for skin cancer. Skin types range from those individuals that burn easily and never suntan to those who do not burn at all. The characteristics that put you at higher risk for skin cancer are:

- fair skin
- blue, green, or hazel eyes
- light-colored hair
- tendency to burn rather than suntan
- history of severe burns
- many moles
- freckles
- a family history of skin cancer

Even people with dark complexions can get a sunburn. No one is exempt from serious health problems from the sun's UV rays.

(continued on page 2)

700 SW Jackson • Suite 200
 Topeka, Kansas 66603
 Toll Free 1-877-357-1069
www.kworcc.com

CLAIMS REPORTING

For assistance with on-the-job injuries, contact IMA at 1-800-333-8913. Questions on claims should be directed to Annette Duncan. All correspondence, bills or other documentation for your claims can be mailed to Annette's attention at: 250 North Water, PO Box 2992, Wichita, Kansas 67201.

TRUSTEES

- **Ralph D. Unger**, President
 Decatur County Commissioner
 PO Box 28
 Oberlin, Kansas 67749
 (785) 475-8101
- **Francis "Shep" E. Schoepf**,
Vice President
 Reno County Commissioner
 206 W 1st
 Hutchinson, Kansas 67501
 (620) 694-2929
- **Michelle Garrett**, Secretary
 Morris County Clerk
 501 W Main
 Council Grove, Kansas 66846-1791
 (620) 767-5518
- **Linda Buttron**, Controller
 Jefferson County Clerk
 300 Jefferson, PO Box 321
 Oskaloosa, Kansas 66066
 (785) 863-2272
- **Doyle "Hooley" Alcorn**
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 307 N Commercial
 Mankato, Kansas 66956
 (785) 378-3055
- **Bonnie Swartz**
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 PO Box 487
 Cimarron, Kansas 67835
 (620) 855-3618
- **Jim Wise**
 Miami County Commissioner
 201 S Pearl Street
 Paola, Kansas 66071
 (913) 294-3976

Sun Safety!
 (continued from page 1)

Nonmelanomas

Nonmelanomas (usually basal cell and squamous cell cancers) are the most common skin cancers. Because they rarely spread elsewhere in the body, they are less worrisome than melanomas. There are several types of non-cancerous (benign) tumors that develop from other types of skin cells. In fact, most tumors of the skin are not cancerous and rarely if ever turn into cancer.

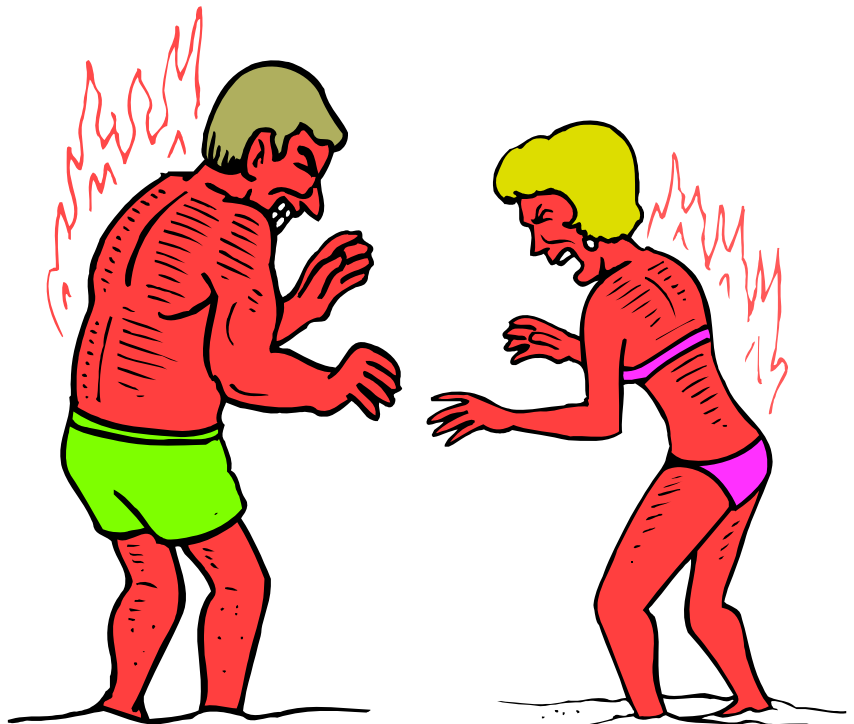
Melanomas

Melanoma is a cancer that begins in the melanocytes. Because most of these cells keep on making melanin, melanoma tumors are often but not always brown or black. Melanoma most often appears on the trunk of fair-skinned men and on the lower legs of fair-skinned women, but it can appear other places as well. While having dark skin lowers the risk of melanoma, it does not mean that a person with dark skin will never develop melanoma.

How Many People Get Melanoma Skin Cancer?

Cancer of the skin is the most common of all cancers. Melanoma accounts for about 3% of skin cancer cases, but it causes most skin cancer deaths. The number of new cases of melanoma in the United States is on the rise. The American Cancer Society estimates that in 2007 there will be 59,940 new cases of melanoma in this country. About 8,110 people will die of this disease.

American Cancer Society 1-800-227-2345





Proper UV protection for your eyes is important for summer

July is UV Safety Month. We all know the importance of using sunscreen to protect our skin from the sun's harmful rays, but what about protection for our eyes? Prolonged exposure to the sun's ultraviolet rays without protection may cause eye conditions that can lead to vision loss, such as cataracts and age-related macular degeneration. Sunglasses and wide-brimmed hats are your best protection against UV-related vision problems, but be careful when you're shopping for sunglasses — the wrong kind of lenses might do more harm than good.

Mary Migneco, O.D., an instructor in the Department of Ophthalmology and Visual Sciences at the university's School of Medicine says that "The darkness that you see in sunglasses cuts out the visible rays. What's really harmful to your eyes, however, is the invisible UV, or ultraviolet radiation."

Migneco says that because tinted lenses block the glare from sunlight, sunglasses that don't have UV protection can actually contribute to eye damage.

"When the visible light rays are cut out, your pupil will dilate in order to allow more light into your visual system. If they are not UV protected, the sunglasses are actually doing more harm than good," says Migneco, who sees patients at the BJC Vision Center in St. Louis. "You're letting in more of the harmful UV rays by having your pupil dilated."

So, Migneco says it's important to look for labels on sunglasses and make sure the lenses are coated so that they block both types of UV radiation: UVA and UVB.

"UVB are more harmful than UVA, and they can lead to formation of cataracts and a condition on the back of the eye called macular degeneration. We want to be protected from both UVA and UVB rays. Generally speaking, anything marketed as UV protected is protected against both," adds Migneco. If sunglasses are UV protected, they will have a sticker on them labeled from OSHA that says they are UVA and UVB protected.

Source: June 2006 ~ Washington University, St Louis

Firework Safety Month (June - July 4th)

By Michelle Powers

June to July 4th is National Firework safety month. Some of you are probably laughing and saying are you kidding me? No I am not kidding; firework safety (or lack of) is a big problem. The United States Consumer Product Safety Commission (CPSC) states there are about 9,000 to 10,000 people treated a year for firework related injuries. These are the injuries that were reported to hospitals. This number does not factor in the injuries that are not reported and could be much higher.

A majority of these injuries could have been prevented by using safety measures when handling fireworks. As technology advances, so does the ability of fireworks. Today you can have fireworks that display shapes, different colors, words and even designs. Out of all the 50 states only five do not allow consumers to purchase fireworks for personal use. Not only does the ability to purchase fireworks vary from state to state, what is actually considered a firework varies as well. Before you purchase anything, make sure you are following your state laws. Just because someone may sell certain fireworks does not make it legal.

Here are some basic safety measures:

1. Buy fireworks from reliable dealers; buying fireworks from a guy who is selling them from his trunk is not a good idea!
2. Make sure you read all the directions and follow them as well. After all, fireworks are explosives!
3. I know this sounds silly but I have to say it: use fireworks outdoors only. People have tried on several occasions to create "light shows" indoors.
4. Make sure you have water nearby and not just a bucket of water. A garden hose that is hooked up is important as well.
5. Do not allow children to play with fireworks.
6. Do not make your own fireworks. They are very complicated and should be left up to the professionals.
7. Do not light multiple fireworks at once; this can be very dangerous.
8. Do not point fireworks at people or throw them at people.
9. Do not carry fireworks in your pocket, backpack or purse!
10. When you dispose of fireworks, make sure you soak them in a bucket of water first.
11. As a spectator watching fireworks make sure you are far enough away that debris from the firework won't hit you. Also exposure to loud sounds can damage your hearing. It is best to wear ear protection!

Have you seen the
Safety Coordinator Video
by Zoman Productions?



Have a happy and
SAFE July 4th!

2007 Board Meeting Dates

- ✓ January 25th
- ✓ February 15th
- ✓ March 22nd
- ✓ April 27th
- ✓ May 17th
- ✓ June 21st
- July 19th
- August 16th
- September 20th
- October 18th
- November 19th – Annual Meeting
- December 20th