



Safe Fun in the Sun

Summer is here bringing with it more daylight hours and sun intensity. Many of us spend more time outdoors this time of year either vacationing, fishing or swimming in our local lakes or just working in the yard. Sunlight exposure has some beneficial effects on health such as improving your mood, blood pressure, and assisting your body in making Vitamin-D. But a little goes a long way and too much can be detrimental to your health.

Follow these tips to protect your skin from the sun's damaging ultraviolet rays and reduce your risk of skin cancer:

- **Seek shade when appropriate**, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Wear sun-protective clothing**, such as a lightweight and long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection, when possible. For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) label.
- **Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.** Broad-spectrum sunscreen provides protection from both UVA and UVB rays.
 - Use sunscreen whenever you are going to be outside, even on cloudy days.
 - Apply enough sunscreen to cover all skin not covered by clothing. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body.
 - Don't forget to apply to the tops of your feet, your neck, your ears and the top of your head.
- When outdoors, **reapply sunscreen every two hours**, or after swimming or sweating.
- **Use extra caution near water, snow, and sand**, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Avoid tanning beds.** Ultraviolet light from tanning beds can cause skin cancer and premature skin aging.
- **Consider using a self-tanning product** if you want to look tan but continue to use sunscreen with it.
- **Perform regular skin self-exams** to detect skin cancer early, when it's most treatable, and see your health care provider or dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.



Higher Education Opportunities

Several higher education opportunities are available for City employees through the University of Oklahoma and Oklahoma State University. Below is additional information. Employees will need to fill out the appropriate tuition waiver form and receive HR approval on the completed form. Forms can be found online [here](#). OSU-Tulsa Employee Scholarship Program City of Tulsa employees can get a tuition waiver for half-off tuition for up to six credit hours at OSU Tulsa. University of Oklahoma T-Town Tuition Waiver The T-Town Tuition Waiver is available to City of Tulsa employees who enroll in in-person, graduate-level classes at OU-Tulsa. City of Tulsa employees can receive 50% off tuition for up to six hours per semester in-person programs at OU-Tulsa.

The following programs are part of the T-Town Tuition Waiver:

Master's Degree Programs

- Childhood Well-Being
- Clinical Mental Health Counseling
- Educational Administration, Curriculum and Supervision
- Electrical and Computer Engineering
- Library and Information Studies
- Organizational Dynamics
- Public Administration
- Social Work
- Urban Design Doctoral Degree Programs
- Educational Administration, Curriculum and Supervision
- Electrical and Computer Engineering
- Instructional Leadership & Academic Curriculum, concentration in early childhood education
- Organizational and Community Leadership

Doctoral Degree Programs

- Educational Administration, Curriculum and Supervision
- Electrical and Computer Engineering
- Instructional Leadership & Academic Curriculum, concentration in early childhood education
- Organizational and Community Leadership

Download the Tuition Waiver Application form [here](#).



Avoid Heat Related Illness and Death

The human body can normally regulate its temperature through sweating until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage, and even death. In 2021, the National Oceanic and Atmospheric Administration reported 201 people died and 67 were injured in the U.S. from weather-related excessive heat, according to [Injury Facts](#).

- People most at risk include:
 - Those who work in the heat
 - Infants and young children, especially if left in hot cars
 - People 65 and older
 - People who are ill, have chronic health conditions or are on certain medications
 - People who are overweight

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses. OSHA says:

- Working shorter shifts until workers have adjusted to the heat
- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

Knowing the symptoms and proper response to these illnesses can save a life.

Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the [free NSC First Aid Quick Reference app](#), signs and symptoms include:

- Pale, ashen, or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness, or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry, and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion, or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness

Immediately take action:

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until the body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed

DO NOT:

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. According to [the Centers for Disease Control and Prevention](#):

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen: sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

Keep Each Other Safe

In your community, please check in on neighbors who are elderly, housebound, or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.
