

Cancer Prevention in Action – NYS Department of health Town of Berkshire – Sun Safety Policy

Rationale:

Skin cancer is the most common cancer in the United States, but it is also one of the most preventable. The risk of skin cancer increases drastically when skin is exposed to the sun's ultraviolet rays for longer than fifteen minutes without protection. Practicing simple sun safety techniques reduces the risk of skin cancer significantly. The Town of Berkshire is committed to the safety and well-being of its citizens and is adopting the following sun safety policy.

Policy:

- ❖ Whenever practical or possible, the Town of Berkshire will promote basic personal strategies to community members including the following:
 - Applying sunscreen with SPF 15 or greater and reapplying it every 2 hours
 - Applying sunscreen liberally to the face, neck, ears, feet, hands and any other areas of exposed skin
 - Wearing hats with wide brims to offer full protection
 - Wearing sun-protective clothing, including long sleeves and tightly woven materials
 - Wearing sunglasses with UVA/UVB protection
 - Limiting time outdoors between 10:00am and 4:00pm
 - Seeking shade whenever possible under tents, trees or pavilions.
- ❖ The Town of Berkshire will make sunscreen accessible during community events by providing sunscreen to community members via sunscreen dispensers conveniently located.
- ❖ The Town of Berkshire will provide a tent to be used during community events to provide protection from the sun and to promote sun safety.

Monitor and Review: This policy will be reviewed and modified accordingly by the Town of Berkshire's board members.

Contact Person: For any questions regarding this policy please contact George Lohmann.

Policy Adopted: March 18, 2020

Policy Updated Yearly:



Keith Flesher

3/18/2020

BERKSHIRE TOWN SUPERVISOR
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