

THE UV INDEX

The UV index is a scale used for measuring intensity of sun's rays to determine appropriate protection.

WHY SHOULD FARMERS CARE ABOUT UV?

The very nature of farming involves being outdoors. The UV index changes every day according to where you live. UV is a risk factor for skin cancer [Click [HERE](#) for more info].



WHERE CAN FARMERS CHECK THEIR UV INDEX?



TV/Radio

The UV index is reported by local tv and radio station meteorologists.



Online

Click [HERE](#) to check your current UV index forecast at the EPA UV Index Website.



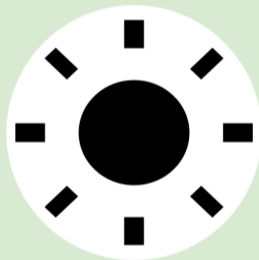
Cell Phone

Click [HERE](#) for a link to the SunWise UV Index App.

WHAT DOES THE UV INDEX MEAN?

0 - 2

LOW



Do you burn easily?

Individuals who burn easily should wear sunglasses and apply sunscreen.

3 - 5

MODERATE



Use a minimum of SPF 30.

Stay in the shade mid-day.

Wear protective clothing and sunglasses.

Apply sunscreen.

6 - 7

HIGH



Sunglasses are a form of protection.

Reduce the amount of time in the sun from 10am to 4pm.

Wear protective clothing and sunglasses.

Apply sunscreen and reapply often.

8 - 10

VERY HIGH



Midday hours have the highest typical UV levels.

Minimize time outside from 10am to 4pm.

Wear protective clothing and sunglasses.

Apply sunscreen and reapply often.