

## THE HEAT IS ON

### Prevention is better than cure when dealing with sunburn on-board ships

Sunburn is a visible reaction of the skin's exposure to ultraviolet (UV) radiation, the invisible rays that are part of sunlight. Ultraviolet rays can also cause invisible damage to the skin. Excessive and/or multiple sunburns cause premature aging of the skin and lead to skin cancer. Skin cancer is the most common type of cancer in the US and exposure to the sun is the leading cause.

#### What are the symptoms of sunburn?

Redness, swelling of the skin, pain, blisters, fever, chills, weakness, dry itching and peeling skin days after the burn.

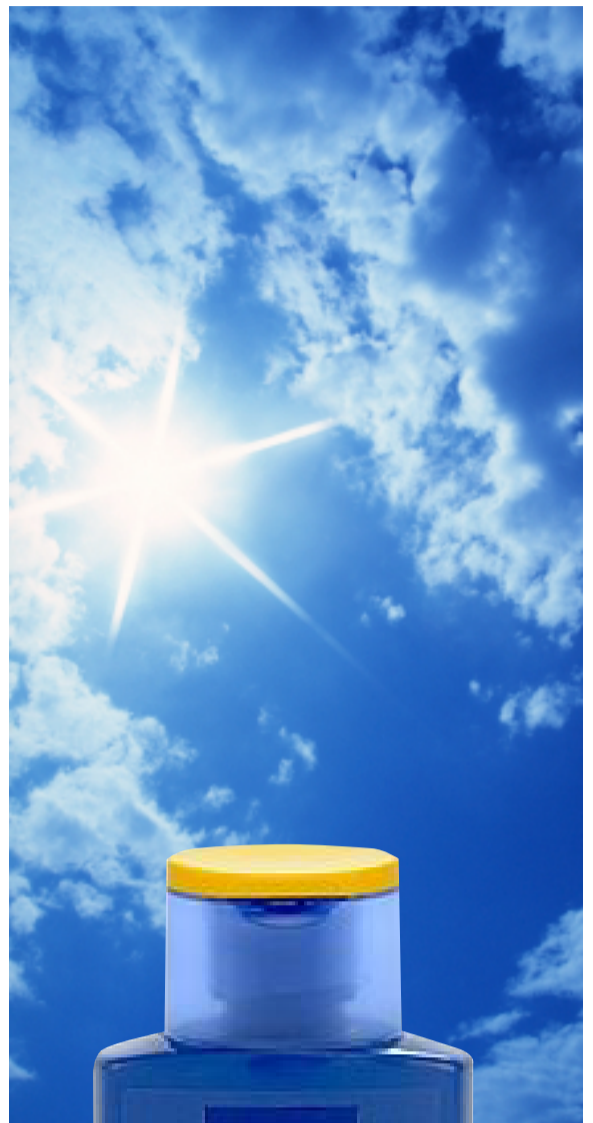
#### First-aid for sunburn:

- Have the patient take a cool bath or use cool compresses on the sunburned area.
- Give the patient paracetamol or ibuprofen for discomfort. Be sure to follow the directions on the container.
- Apply a topical moisturizer, aloe vera gel, or a topical pain reliever to sunburned skin. Avoid commercial products that contain Benadryl or benzocaine, because of the possibility of skin irritation or allergy.
- If blisters are present, do not break them open, as infection can occur.
- Keep the patient out of the sun until the burn is healed.
- Drink plenty of fluids

#### Prevention is better than cure!

The best way to prevent sunburn is to follow the A, B, Cs recommended by The American Academy of Dermatology:

<b>Away</b>	Stay away from the sun in the middle of the day. This is when the sun's rays are the most damaging.
<b>Block</b>	Block the sun's rays using a SPF 15 or higher sunscreen. Apply the lotion 30 minutes before going outside and reapply it often during the day. Sunscreens should not be used on infants under 6 months of age.
<b>Cover-Up</b>	Cover up using protective clothing, such as a long sleeve shirt and hat when in the sun. Use clothing with a tight weave to keep out as much sunlight as possible. Keep babies less than 6 months old out of direct sunlight at all times. Hats with brims are important.



#### About Hutton's Medical

Hutton's Medical is one of the world's leading companies specialising in developing and supplying a wide range of pharmaceutical and medical supplies to the shipping and offshore industries.

Ensuring a ship's medical requirements and supplies are always up to date is a necessary and legal obligation for the well being of those on-board and the denial of essential medical treatment can have very serious legal implications.

Staff at Hutton's Medical are fully conversant with the latest marine medical legislation and can provide an inspection, stock replenishment and certification service of a ship's medical locker anywhere in the world to ensure that customers' legal requirements are always maintained.

This service is available 24hrs a day, 7 days a week from a team of highly professional, experienced and fully qualified staff offering product supply and full after sales support and advice.

Hutton's Medical holds appropriate Home Office and Wholesale Dealer licenses.

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