

SUMMER SUN SAFETY SEGMENTS

MENTAL HEALTH FOCUS: ARE YOU GETTING ENOUGH OF THE SUNSHINE VITAMIN?

Ever hear that people are like plants but with more complicated emotions. While turns out that is true in some ways. While plants need the sun to produce energy turns out us humans need the sun, specifically UVB rays, to produce Vitamin D. While we enjoy the fun of the sun in the summer months we can now also enjoy the sun for its medical benefits. It is easy to forget to get out and enjoy the sun while we are at work. Not only will getting out in the sun lift your spirits it can naturally get your vitamin D without supplements, if we do it right?

Vitamin D is famously called the sunshine vitamin since without the sun our bodies would not be able to naturally create vitamin D. The sun's UVB rays interact with a protein in the skin called 7-DHC, producing vitamin D₃, the active form of vitamin D we need. Vitamin D deficiency can lead to health issues, we also so the risk of sun exposure to the skin. Finding the balance is answer.

DIRECTIONS

Print out the infographic, [Are you getting your Vitamin D?](#) Have your staff quick read over it and use the following guiding questions.

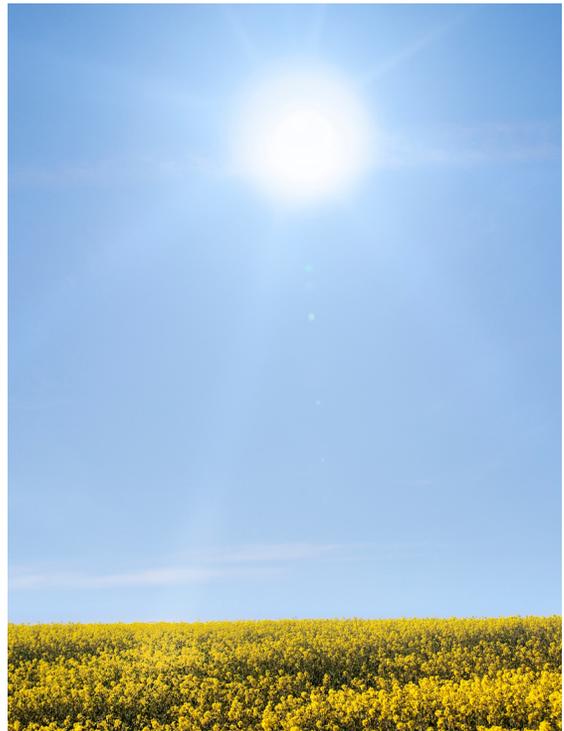
SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Do you get outside when at work?
- Do you take a vitamin D?
- Vitamin D is important all time during the year, have participants brainstorm ways that they get vitamin D besides the sun.
- Have participants brainstorm ways that we can help co-workers get the benefits of the sunshine vitamin.

Note to Facilitator:

- Participants may have strong feelings, so facilitate an atmosphere of support and openness and you may need to remind that these are personal choices.



Follow the CCSA and check our other resources.

