



## UV and Sun Safety

Sun exposure is necessary for our bodies to produce vitamin D. Our skin produces vitamin D when exposed to UV rays; there are multiple different factors that effect how much vitamin D our skin produces, such as melanin, age, location and more. We still need to protect our skin from excess UV rays.

Most skin cancers are caused by too much exposure from UV rays and can damage the skin and eyes. There are UVA, UVB and UVC; UVB has a greater risk of skin cancer. UVA increases the damaging effects of UVB. Protection from UV is important throughout the year even when it's cloudy outside.



### The best way to protect yourself from UV rays:



- Clothing - your choice of clothing can provide more or less protection. Longer sleeves and pants will provide greater UV protection than short sleeves and shorts. Hats can provide shade to areas of your face to limit sun exposure.
- Shade - an umbrella or shade underneath a tree can provide protection from limiting UV rays to you. It is still recommended to wear sunblock even under shade or on cloudy days.
- Sunglasses - can protect your eyes from UV rays and reduce your risk of cataracts and sensitive skin around the eyes.
- Sunscreen - sun protection factor (SPF) is the number that rates how well it filters out UV rays. The higher the number, the more protection from UV. Also, it is important to reapply sunscreen depending on duration and activity in the sun.

It's important to use multiple methods of protection when exposed to the sun.

For more information visit the [U.S. Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov).

# SUN SAFETY TIPS

- SEEK SHADE OR STAY INDOORS FROM 10 A.M. TO 4 P.M.
- WEAR PROTECTIVE CLOTHING
- WEAR SUNGLASSES WITH 100% UV PROTECTION
- WEAR A WIDE-BRIMMED HAT
- USE SUNSCREEN THAT IS SPF30 OR HIGHER, REAPPLY REGULARLY

# Safety/Fire Focus

## Beware of Grilling Fires

Summer kicks off the season for outdoor grilling and entertaining. But with the increase in grilling comes more home grilling fires. In fact, the latest data from the National Fire Protection Association (NFPA) shows that July is the peak month for home grilling fires, followed by June, May and August.

Between 2020 and 2024, U.S. fire departments responded to an annual average of 12,141 home fires involving grills, hibachis, or barbeques. 76% of home grilling fires involved grills fueled by gas. Gas grills were involved in an average of 9,235 home fires per year. Leaks or breaks were the primary problem with gas grills. These fires caused deaths, civilian injuries, and \$241 million in direct property damage.



### Grilling Safety Tips

- **Maintain Clearance:** Keep the grill at least 10 feet away from home, siding, and any combustible materials.
- **Regular Cleaning:** Scrape down the grill grates and empty the grease trap frequently.
- **Lighting a Grill:** Always make sure the gas grill lid is open before lighting it.
- **Avoid the Grill:** Keep children and pets at least three feet away from the grilling area.
- **Keep an Extinguisher Nearby:** Keep a fire extinguisher within reach at all times.

### Why Grill Fires Happen

- **Unattended Grills:** Leaving a grill unattended allows small flare-ups to grow into uncontrollable structure fires. Never leave the grill unattended when in use.
- **Dirty Grill Grates:** Dripping fat and grease collect in the trap and can ignite rapidly.
- **Improper Placement:** Grills placed too close to a house, deck railings, or overhanging eaves can easily ignite the exterior structure.
- **Gas Leaks:** Hoses can become brittle, crack, or loosen. Always check connections using a soapy water solution; bubbles indicate a leak.

### What to Do in an Emergency

- **Evacuate:** If the fire is large or out of control, step back immediately and call 911.
- **Do NOT Use Water:** Never pour water on a grease fire. It will cause the grease to splatter and the fire to explode.
- **Smother the Fire:** For manageable grease flare-ups, turn off the burners, keep the lid open, and smother the flames with baking soda.
- **Shut OFF the Gas:** If you can safely reach it, turn off the propane tank valve.

For grilling safety tips for gas, charcoal and other grills, visit the [NFPA](#).



# EnviroHealth

## Summer Storms, Storm Drains, and Flood Prevention

Colorado summers are known for warm days, afternoon thunderstorms, and occasional heavy downpours. While these storms can provide much-needed moisture, they can also create localized flooding and carry pollutants into our waterways when storm drain systems become blocked or contaminated.

Storm drains play an important role in protecting streets, homes, businesses, and neighborhoods from flooding by safely conveying stormwater away from developed areas. However, when storm drains, gutters, and inlets become clogged, water cannot flow properly through the system. Even a small amount of debris can reduce drainage capacity and contribute to ponding water on roadways, flooded intersections, property damage, and hazardous driving conditions during intense rain events.

### What Happens to Stormwater?

Many people assume that water entering a storm drain is treated before reaching a creek or river. In reality, most storm drain systems discharge directly to local waterways without treatment. As stormwater flows across streets, driveways, parking lots, and lawns, it can pick up pollutants and carry them into the storm drainage system. Common pollutants found in stormwater runoff include: trash and litter, pet waste, grass clippings and yard debris, excess fertilizer and pesticides, oil and automotive fluids, and paint and construction materials. These pollutants can degrade water quality, harm fish and wildlife, and negatively impact recreational uses of local streams and rivers.

### How You Can Help

Everyone can play a role in protecting both water quality and reducing flooding risks:

- Keep leaves, grass clippings, and yard waste out of streets and gutters.
- Pick up litter around your property and neighborhood.
- Properly dispose of pet waste.
- Avoid blowing yard debris into roadways or drainage channels.
- Check nearby storm drain inlets before forecasted storms and remove loose debris when it is safe to do so.
- Adjust sprinklers to prevent water from running into streets and storm drains.
- Never dump paint, chemicals, oil, wash water, or other materials into storm drains.



### See a Problem? Report It.

If you observe a blocked storm drain, excessive debris accumulation, illegal dumping, or a suspicious discharge entering the storm drain system, contact the City of Greeley's Stormwater Division via Greeley [311](tel:311).

As summer storm season continues, remember that a clean storm drain system benefits everyone.

**Remember, only rain down the storm drain and thank you for doing your part in protecting water quality!**

Bear in Mind (BIM) is a publication brought to you by your campus Environmental Health and Safety Department (EHS). We are interested in your thoughts and submissions. Contact the [Environmental Health and Safety](#) department at 970-351-1149. Suggestions can also be sent by campus mail attention EHS, Campus Box 57. Bear in Mind issues are published every quarter. Find current and archived issues on-line at the [EHS Website](#).



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