# A screen shot of a computer Description automatically generatedMedical cannabis: ultraviolet exposure

Most people are aware that overexposure of ultraviolet (UV) rays can be harmful to eyes and skin even leading to skin cancer with some. This holds true in the medical cannabis industry. It happens in both indoor and outdoor growing facilities with UV-C light bulbs.

Protection from UV specific to indoor facilities:

* Limit the time workers are working around UV lights
* Turn off sections of lighting while work is being done
* Choose UV lights that have lower UV strengths
* Hang all lighting 8ft or higher from floor level
* Protective eyewear should be worn while working around lighting
* Training should be held on safety while working around UV lights as well as warning signs posted
* Wear protective clothing such as long sleeves, pants, gloves, hats and close toed shoes

****Protection from UV specific to outdoor facilities is the same as an indoor facility when it comes to protective clothing. However, there are other areas that factor into outdoor UV exposure such as heat. In high heat months cooler morning and evening hours should be utilized. Unlike indoor grow facilities temperature is not regulated so taking breaks and staying hydrated are vital for outdoor grow facilities. In addition to this UV rays are still harmful on cloudy days and precautions should still be taken.