1. Your skin can be injured by harmful ______________ from the sun.
   A. Radio waves  
   B. UV radiation  
   C. Sound waves  
   D. Gamma rays

2. Overexposure to UV radiation can cause ______________.
   A. Breast cancer  
   B. Sinus infections  
   C. Sunburn  
   D. Hearing loss

3. You are at risk for overexposure to UV radiation from the sun if you work ______________.
   A. In an office building  
   B. In a confined space  
   C. At a school  
   D. Outdoors

4. Peak sunburn hours are ______________.
   A. 9 am - 3 pm  
   B. 11 am - 4 pm  
   C. 1 pm - 5 pm  
   D. Noon - 6 pm

5. You can experience ______________ UV exposure at higher altitudes because less UV radiation is absorbed by the atmosphere.
   A. More  
   B. Less  
   C. An equal amount of  
   D. No

6. Use sunscreen with a high ______________.
   A. APF  
   B. TWA  
   C. SPF  
   D. NRR

7. The FDA recommends using sunscreen with an SPF of at least ______________ for protection against sun-induced skin problems.
   A. 3  
   B. 5  
   C. 8  
   D. 15

8. It is recommended to apply sunscreen every ______________.
   A. 30 minutes  
   B. 2 hours  
   C. 4 hours  
   D. 6 hours

9. Effective sunglasses should block ______________% of UV radiation.
   A. 96-97  
   B. 97-98  
   C. 98-99  
   D. 99-100

10. The ______________ has a UV index you can use to see how much sun protection you need.
    A. EPA  
    B. API  
    C. ERG  
    D. BLS
Instructors: The following key shows the answers for the UV Safety safety meeting quiz.

1. B
2. C
3. D
4. B
5. A
6. C
7. D
8. B
9. D
10. A