

Prevent UVC rays from harming the human body

Human body damage caused by UVC ultraviolet rays is the eyes and bare skin. Short-term high-intensity irradiation can burn eyes and skin, and long-term high-intensity irradiation can even cause skin cancer.

The penetration of UVC is extremely weak, and ordinary transparent glass, clothes, plastic, dust, etc. can be completely blocked. Therefore, wearing glasses (if you don't have glasses, avoid looking directly at the ultraviolet light) and covering your bare skin as much as possible, you can protect your eyes and skin from UVC ultraviolet rays.

Short-term exposure to ultraviolet light is like sun exposure in the hot sun. It is not harmful to the human body.

Prevent UVC damage:

- 1) Wear glasses (either ordinary glass or resin lenses are acceptable);
- 2) Avoid looking directly at the ultraviolet light;
- 3) Wear long-sleeved clothes to cover bare skin such as hands;
- 4) Use objects around you to block ultraviolet rays, such as walls, furniture, curtains, books, newspapers, etc.;
- 5) Avoid long-term exposure to ultraviolet rays. Short-term exposure will not harm the human body.

防止UVC紫外線對人體的傷害

UVC紫外線對人體傷害的主要部位是眼睛、裸露的皮膚，短期高強度照射可灼傷眼睛及皮膚，長期高強度照射嚴重的甚至會造成皮膚癌。

UVC紫外線穿透力極弱，普通透明玻璃、衣服、塑料、塵埃等均能完全阻擋。因此戴著眼鏡(如無眼鏡則避免眼睛直視紫外線燈)、把衣服盡量遮住裸露皮膚，就能保護眼睛與皮膚避免受UVC紫外線的傷害。

短時間照射紫外線就猶如在烈日太陽下曬一樣，對人體並無傷害。

防止UVC紫外線傷害的原則：

- 1) 戴眼鏡(普通玻璃或樹脂鏡片均可)；
- 2) 避免眼睛直視紫外線燈；
- 3) 穿長袖衣服，遮蓋手部等裸露皮膚；
- 4) 利用身邊物品阻擋紫外線，如牆壁、家具、窗簾、書本報紙等；
- 5) 避免長時間照射紫外線，短時間照射對人體並無傷害。