

**Coping with the Problems:**

1. Prevent overexposing skin and eyes to solar radiation and wind.

a. Using sunscreen which contains para amino benzoic acid (PABA) or other chemicals capable of blocking ultraviolet radiation (at least 15 Sun Protection Factor) and covering exposed skin will prevent most sunburns. In cold weather, use alcohol free sunscreen lotion (Sunscreen Prep, NSN 6505-01-121-2336).

b. The use of protective eye wear (Sunglasses, Polarized, NSN 8465-00-161-9415) or goggles that block at least 90% of ultraviolet radiation helps to prevent snow blindness. ***Not all commercially available sunglasses block enough solar radiation to protect against snow blindness.***

c. Chapped lips and skin can be prevented through the use of lip balm (Cold Climate Lipstick, Antichap, NSN 6508-01-277-2903) and limiting exposure of skin to the environment. Skin moisturizing lotion may help the skin retain water.

d. Covering the nose and mouth using a balaclava or scarf will limit the drying of mucous membranes.

2. Building defenses in hard frozen ground may require engineer support in the form of heavy equipment for digging and plowing.