

March 17, 2025
Jacob Huylar



Figure 1: Generated by ChatGPT

SUN SAFETY: UNDERSTANDING THE UV INDEX

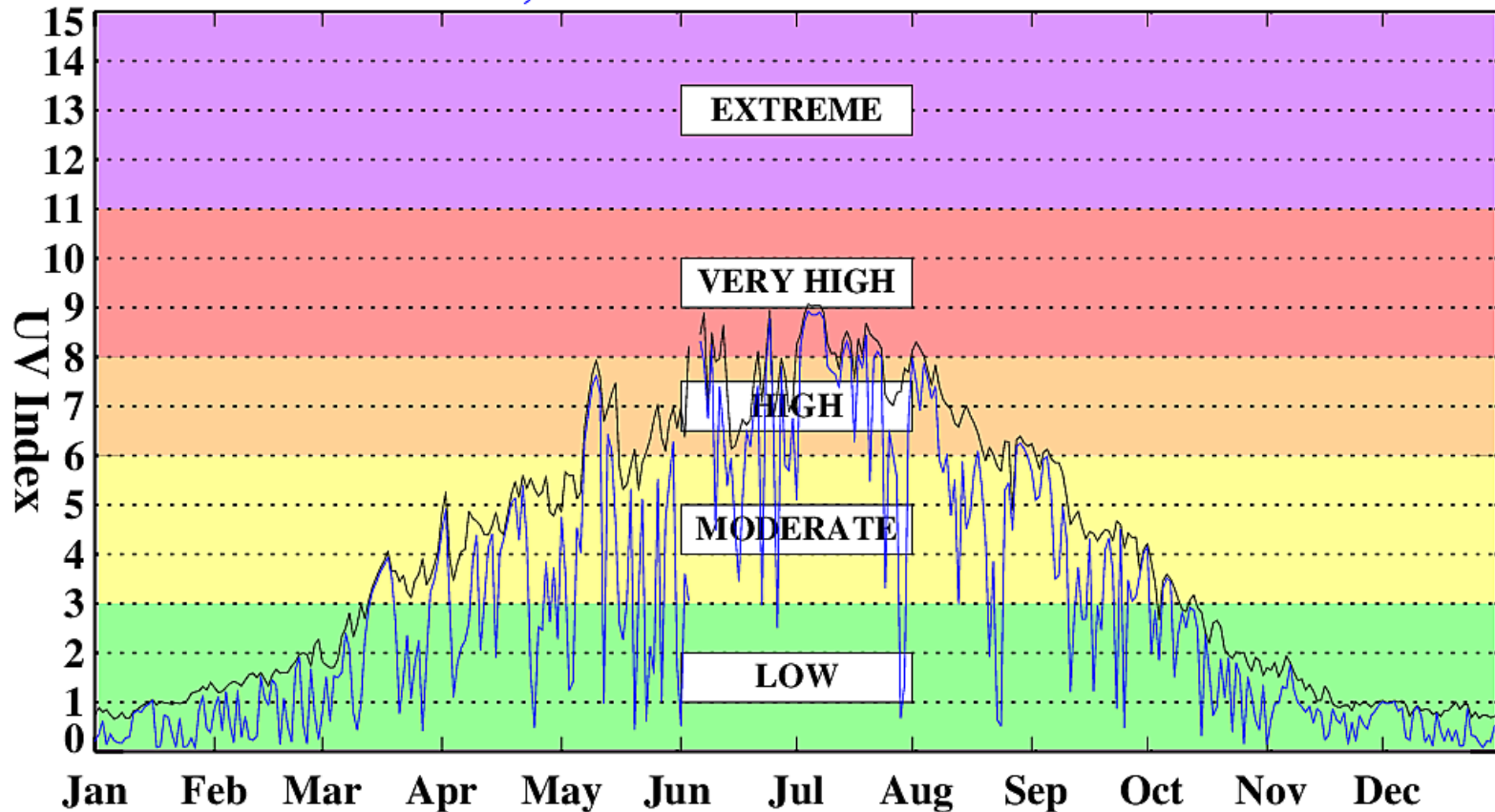
UV Index Chart



Figure 2: <https://tahoe.ucdavis.edu/tahoe-atmospheric-conditions>

Daily UV Index

Seattle, WA 2024



Number of Days in Each Exposure Category

Clear Sky UV Index		UV Index Forecast	
Extreme	= 0	Extreme	= 0
Very High	= 32	Very High	= 16
High	= 75	High	= 43
Moderate	= 103	Moderate	= 93
Low	= 155	Low	= 213

Figure 3: <https://www.cpc.ncep.noaa.gov>

Helpful Tips

Know Your Environment



Utilize Weather Apps



**All figures generated by ChatGPT*