



# Sun Safety

## Outdoor Workers

### Did you know?

- Outdoor workers often work when the sun's ultraviolet (UV) rays are at their strongest.
- Reflective surfaces (e.g., asphalt, concrete, sand, water, snow) can increase the harmful effects of UV rays.

### Sun exposure and your skin and eyes

Exposure to UV rays can lead to:

- Skin cancer
- Skin damage
- Sunburns
- Eye lesions
- Cataracts
- Retinal burns

**OUTDOOR** workers are up to **2.5 TO 3.5** times more likely to be **DIAGNOSED** with **SKIN CANCERS**.

## Protect your skin and eyes from the sun

- 1 Time of Day:** If you can, adjust work schedules to limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
- 2 Shade:** Work in the shade if possible, or make shade with a temporary shade structure.
- 3 Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat. Attach a back flap to a construction helmet or baseball cap to cover the back of the neck and ears, and a visor to shade the face.
- 4 Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.
- 5 Sunglasses:** Wear UV protective sunglasses, eyeglasses or safety glasses, any time of day, all year round. Choose sunglasses that are close fitting/wrap-around style with UV 400 or 100% UV protection.

### Things to avoid

- Getting a tan or a sunburn.
- Exposing yourself to UV rays to meet vitamin D needs. Use food or supplements instead.

