

# SUN SAFETY AT WORK

## Protect Your Skin and Eyes From the Sun

Exposure to ultraviolet (UV) radiation can cause skin cancer, sunburn, skin damage, cataracts, and other conditions

Outdoor workers are at risk

## Six Simple Steps

1. **Cover up** - wear loose clothing, long sleeves and pants
2. **Protect your eyes** - use UV protective eyewear
3. **Cover your head, neck and ears** - wear a wide brimmed hat, hard hat with a brim and use a neck flap
4. **Take your breaks in the shade** - get out of the sun when you can, especially between 11am-3pm, when UV radiation is the strongest
5. **Use sunscreen and lip balm** - use at least an SPF 30 broad spectrum, water-resistant sunscreen and don't forget to reapply
6. **Be skin safe** - report changes in skin spots and moles to your doctor as soon as possible - early detection is important

Visit [sunsafetyatwork.ca](https://sunsafetyatwork.ca) for more information.

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