

# Solar UV & Outdoor Work



## SUN EXPOSURE AT WORK

- Of the 1.5 million outdoor workers in Canada, about 900,000 are outside at least 6 hours a day<sup>1</sup>
- Outdoor workers often work when solar ultraviolet (UV) radiation is strongest. Spending lunch and breaks out of the sun can have a significant impact on lowering your exposure.<sup>2</sup>



## SUN EXPOSURE & YOUR SKIN

Exposure to UV from the sun can lead to:

- Skin cancer
- Sunburn
- Skin damage

## SKIN CANCER

- UV from the sun is the primary cause of skin cancer<sup>3</sup>
- Skin cancer is the most commonly diagnosed cancer in Canada, and rates are increasing<sup>4</sup>
- Outdoor workers are up to 2.5 to 3.5 times more likely to be diagnosed with skin cancers<sup>5</sup>
- **Skin cancer is largely preventable**



## SUN EXPOSURE & YOUR EYES

Long-term exposure to UV from the sun can lead to eye damage, including<sup>6</sup>:

- Age-related macular degeneration
- Cataracts
- Eye cancer
- Tissue growth on the white of the eye

## PROTECT YOUR SKIN AND EYES FROM THE SUN

- 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 or hard hat with a brim and use a neck flap

- 4** Take your break in the shade - get out of the sun when you can, especially between 11am-3pm, when UV 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 or moles to your doctor as soon as possible - early detection is important

## SKIN CANCER RISK FACTORS



Numerous, irregular or large moles



Fair skin, freckles, light hair and eyes



Personal and family history of skin cancer, and personal history of sunburns

- <sup>1</sup>Peters C, et al., 2012.
- <sup>2</sup>Parisi A V & Kimlin M G, 1999.
- <sup>3</sup>International Agency for Research on Cancer, 2009.
- <sup>4</sup>Canadian Cancer Society, 2015.
- <sup>5</sup>Radespiel-Tröger M, et al., 2009.
- <sup>6</sup>Oliva M S & Taylor H, 2005.

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

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**SUN SAFETY**  
AT WORK