

Sunscreen Facts



Sunscreen protects your skin from solar ultraviolet (UV) radiation, helping to lower your risk of getting **skin cancer**.



WHICH SUNSCREEN SHOULD I USE?

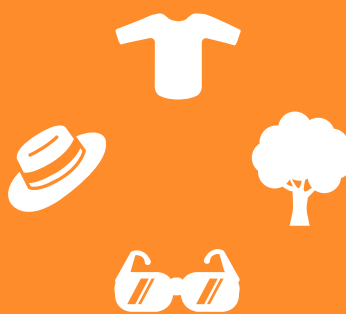
Sunscreen that is broad spectrum, water resistant, and is a minimum SPF 30 is recommended. SPF means Sun Protection Factor. Broad spectrum sunscreen blocks UVA and UVB radiation. There are many different types of sunscreen, so you may need to try a few before you find one that you like.

HOW SHOULD I USE SUNSCREEN?

- **Apply sunscreen generously** - use more than you think you need
- **Reapply regularly** - this helps to provide continued protection
- **Sunscreen and insect repellent can be used safely at the same time** - apply sunscreen first
- **Always check the expiry date on the bottle** - sunscreen can deteriorate more quickly if it is stored in a hot location such as a vehicle

ARE SUNSCREENS SAFE?

- Sunscreen ingredients have been **tested** to ensure they are safe, and must follow **Health Canada guidelines**.
- Though uncommon, some people are **sensitive** to ingredients in sunscreen - test a small amount on an arm before use. Products labelled as **'physical'** or **'mineral'** sunscreens are often better for sensitive skin.



USE SUNSCREEN WITH SHADE, SUN PROTECTIVE CLOTHING, A HAT, AND SUNGLASSES.

IF I USE SUNSCREEN CAN I STAY OUT IN THE SUN LONGER?

- Never use sunscreen to increase your time in the sun.
- The more time you spend in the sun, especially unprotected, the more likely you are to develop skin cancer or other skin damage.



Visit sunsafetyatwork.ca for more information.

Production of this resource has been made possible through financial support from Health Canada through the Canadian Partnership Against Cancer.

SUN SAFETY
AT WORK