Add your logo here!

TODAY’S

UV INDEX IS:

\_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| UV Index 1-2: |
| * **Minimal sun protection required** |
| UV Index 3-7: Protection Required |
| * **Between 11am - 3pm work tasks should be done in shade** * **Take breaks in the shade** * **Protective clothing appropriate to the work tasks should be worn.** * **Long sleeved shirts and pants** * **UV protective eyewear** * **Wide brimmed hat or hard hat with additional brim and neck flap** * **Sunscreen and lip balm (minimum SPF 30)** |
| UV Index 8-11: Extra Protection Required |
| * **Between 11am – 3pm, work tasks should be rescheduled to avoid outdoor work** * **If rescheduling is not possible, work tasks should be done in shade** * **Take breaks in the shade** * **Protective clothing appropriate to the work tasks should be worn:** * **Long sleeved shirts and pants** * **UV protective eyewear** * **Wide brimmed hat or hard hat with additional brim and neck flap** * **Sunscreen and lip balm (minimum SPF 30)** |

**UV Index 1-2 = Low; UV Index 3-7 = Moderate to High; UV Index 8-11 = Very High to Extreme**