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.

Enjoy the sun safely. Protect your skin and eyes.

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.

Shade: Work in the shade if possible, or make shade with a temporary shade structure.

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.

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.

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.

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