Outdoor Sports and Recreation

Sun Safety

Did you know?
• Outdoor sports are often held when the sun's ultraviolet (UV) rays are very strong.
• Water, sand, concrete and snow can reflect and increase the sun's UV rays.
• Most people get their most serious sunburn while participating in outdoor recreational activities. Sunburns increase the risk of skin cancer.

Sun exposure and your skin & eyes
Exposure to UV rays can lead to:
• Skin cancer
• Skin damage
• Sunburns
• Eye lesions
• Cataracts
• Retinal Burns

PEOPLE playing OUTDOOR SPORTS and SPECTATORS are at increased RISK of SKIN CANCER.

Enjoy the sun safely. Protect your skin and eyes.

1 Time of Day: If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.

2 Shade: Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter.

3 Cover Up: Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.

4 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.

5 Sunglasses: Wear close fitting/wrap-around sunglasses 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.

ONTARIO SAFETY WORKING GROUP

Document disponible en français.