



Working with Sun Safety

As an outdoor worker you have a higher risk of developing skin cancer because:

- You are regularly exposed to the sun for long periods of time
- You are outside when the UV rays are the strongest between 11:00 a.m. and 4:00 p.m.



Save the Skin You're In... Take Care... Take Cover

- Wear a wide-brimmed hat to protect your face, ears and neck. Attach a neck flap to the back of hard hats
- Wear sunglasses or safety glasses that offer 100% ultraviolet radiation (UVR) protection
- Cover-up, wear a loose fitting long-sleeved top and long pants made of tightly woven fabric
- Seek shade whenever possible - during breaks and lunches. If there is no shade create your own
- Ask your employer or health and safety committee about sun safety policies at your workplace
- Apply a broad spectrum, waterproof sunscreen and lip balm with an SPF of 30 or higher
- Apply sunscreen 20 minutes before going outside and again every 2 hours or after heavy sweating



Durham Health Connection Line
1-800-841-2729 or 905-668-2020
durham.ca/sunsafety



If you require this information in an accessible format,
contact 1-800-841-2729.