

Skin Protection Infographic



Sun Safety in Canada

Did you know? **over 1.5 million**

outdoor workers in Canada are substantially exposed to the sun on the job.*

The largest industrial groups exposed are:



If you employ outdoor workers, sun safety should be part of your health and safety program*

- ▶ Develop a sun safety policy
- ▶ Involve workers in the design and implementation of the program
- ▶ Review current processes for managing sun exposure, and assess the risks
- ▶ Implement control measures
- ▶ Monitor, review, and take corrective action as necessary

* Resources on developing a sun safety program: [sunafetyatwork.ca](https://www.ccohs.ca/sunafetyatwork.ca)

Exposure to ultraviolet radiation (UV) can cause sunburn, premature skin aging, eye damage and skin cancer. Tans and sunburns are signs that UV rays have damaged the skin. This damage can occur quickly and stay with you for life.

Exposure Category				
Low	Moderate	High	Very High	Extreme
UV Index	0 2	3 4 5	6 7	8 9 10 11+



The UV index measures the strength of the sun's rays. The higher the number, the greater the need to take precautions. Employers should:

Avoid unnecessary exposure of workers to the sun, especially from 11 am - 3 pm. Use protection when the UV index is 3 or higher.

Use shaded areas, set up shade structures, or use umbrellas, buildings, trees, or canopies to shield against the sun's rays.

Provide access to water.

Encourage breaks in areas where workers can cool down.

Reduce the risk

Use sunscreen on exposed skin.

Apply waterproof sunscreen with a Sun Protection Factor (SPF) of at least 30 that has both UVA and UVB protection to all exposed areas. Re-apply every two hours and after sweating.

Protect your skin on cloudy days and in the winter too, especially in snow or at high altitudes.

Cover and protect your skin with a broad brimmed hat, a lightweight long-sleeved shirt, and long pants. Wear UV-blocking sunglasses to protect your eyes.

Examine the skin regularly for suspicious spots. Check your skin for irregularities such as moles. See a doctor if you have unusual skin conditions that don't heal in four weeks, sore ulcers or a scaly patch on the skin, a white patch on the lips that doesn't heal, or moles that grow quickly, change shape or colour, or bleed repeatedly.

*CAREX Canada. <https://www.carexcanada.ca/>

CCOHS.ca
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>