

SUN SAFE



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



Check the UV index

Before going outside, check the weather for the daily UV index. If the index is 3 or more, be extra careful and protect your skin!

1



Seek shade

It's especially important to reduce your time in the sun between 11am-3pm when the sun's rays are strongest!

2



Slip on Protective Clothing

One of the best ways to protect yourself from the sun is to cover up. Covering as much of your skin as you can with tightly woven or UV protective labelled clothing can provide better protection than sunscreen.

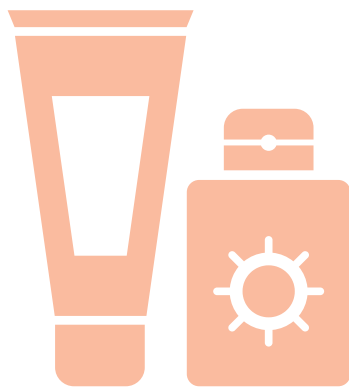
3



Slap on a hat

Hats with a large brim that cover your head, face, ears and neck give the best protection. Hats like baseball caps won't give you enough protection.

4



Slop on sunscreen

Your sunscreen should be at least 30 SPF and be applied to the most exposed parts of your body regularly throughout the day, especially after swimming or sweating!

5



Slide on sunglasses

Sunglasses can help prevent damage to your eyes by blocking a large percentage of UV rays. They don't have to be expensive, but make sure they're 100% UV protected!

6

Sources:

- Canadian Dermatology Association, *Outdoor Workers*
- Canadian Centre for Occupational Health and Safety, *Skin Cancer and Sunlight*
- Canadian Cancer Society, *Reduce Your Risk of Skin Cancer*