

A CLOSER LOOK AT UV RAYS



Canadian Cancer Society

Healthy Workplaces

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Ultraviolet (UV) radiation is invisible sun energy that can harm your skin by exposure. It is important to stay sun-safe and protect your skin to reduce the risk for skin cancer!

UV Radiation

There are three types of UV rays:

- **Ultraviolet A (UVA)** rays make up most of the sun’s natural light. They can penetrate deep into the skin, and cause wrinkles and premature aging.
- **Ultraviolet B (UVB)** rays are the main cause of sunburns. They are nearly 1,000 times stronger than UVA rays.
- **Ultraviolet C (short-wave radiation)** rays never reach the earth’s surface because the atmosphere filters them out.

UV INDEX

Low
0-2

Minimal sun protection required. If outside for more than one hour, wear sunglasses and sunscreen.

Moderate
3-5

Take precautions. Cover up and wear a hat, sunglasses, and use sunscreen if outside for 30 minutes or more.

High
6-7

Protection required. UV will damage skin and can cause sunburn. Reduce time in the sun between 11a.m. and 3p.m.

Very High
8-10

Protection is crucial. Find shade, use sunscreen, and wear a hat and sunglasses. Unprotected skin can be damaged and burn quickly.

Extreme
11+

Maximum protection required. Unprotected skin will be damaged and burn in minutes. Remain in the shade, cover up, use sunscreen, and wear a hat and sunglasses.



Did you know?

We are exposed to more UV rays as the protective layer of ozone around the earth becomes thinner.