

# HOW TO BE SUN SAFE



Canadian  
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## Check the UV

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

1

## Slip on protective clothing



2

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.

## Seek shade

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



3

## Slap on a hat

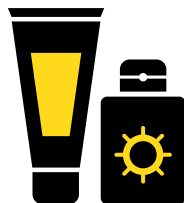


4

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.

## Slop on sunscreen

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



5



## Slide on sunglasses

6

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!

### 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*